

# MINDFULNESS MATTERS 2021

*Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.*

**We invite Caregivers & Seniors (55+)**

to join us for a 30 min guided program focusing on breathing, visualization & self-care practices, during these stressful times.

## Session 1 - Wednesday's

**Jan 13, Orientation**

**1-2pm**

**Jan 20- Mar 24,**

**1:00-1:30pm**

## Session 2 - Wednesday's

**April 14, Orientation**

**1-2pm**

**April 21-June 23,**

**1:00-1:30pm**

## Session 3 - Wednesday's

**July 14, Orientation**

**1-2pm**

**July 21-Sept 22,**

**1:00-1:30pm**

## Session 4 - Wednesday's

**Oct 13, Orientation**

**1-2pm**

**Oct 20- Dec 15,**

**1:00- 1:30pm**

*All registered participants are welcome to participate in all 4 sessions. Once registered you do not need to register again to receive the zoom links.*

**To Register please email:**

**dlee@schcontario.ca or jtandoc@schcontario.ca**