

FREE Weekly Online Guided Mindfulness Sessions

breathe.
notice.
now.

**Mondays and Thursdays
5:00 pm - 5:45 pm (EDT)**

Monday March 8 to Thursday April 1, 2021

Join us on Monday and Thursday afternoons as we explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness.

NO REGISTRATION REQUIRED

[Click Here Every Session to Join](https://zoom.us/j/99039064468)
<https://zoom.us/j/99039064468>



Have questions
about your
practice or want to
learn more about
mindfulness?



Join **Peter Marks**
CEO, *A Centre for*
Conscious Care and
co-founder of
B-FIT Mindfulness
on Thurs. April 1st
for a 45 minute
Ask Me Anything
Q & A session.



For more information
please email
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