

FREE Weekly Online Guided Mindfulness Sessions

breathe.  
notice.  
now.

Sundays and Thursdays  
7:00 pm - 7:45 pm (EDT)

Sunday September 19 to Thursday October 14, 2021

with a 60-minute *Ask Me Anything* Session  
on Thursday October 14, 2021

Join us on Sunday and Thursday evenings 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/98484141617)  
<https://zoom.us/j/98484141617>

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 Thursday  
October 14th for a  
60 minute  
*Ask Me Anything*  
Q & A session.



For more information  
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