



July – August 2017



Weekly Wellness Activities

~ *Living with more awareness series* ~

All classes are free of cost

Monday	Tuesday	Wednesday	Thursday
<p>09:30-10:30am Financial Fitness Mississauga Individual meeting with a financial specialist <i>(Apolonia)</i></p> <p>Call to book your appointment</p>	<p>Breath - a gate to inner peace</p> <p>will resume in SEPTEMBER</p>	<p>11:00am-12:30pm BIOENERGETICS Brampton a movement group to help connect body and mind for people who have experienced trauma or chronic stress Awakening From Within 5 weeks program <i>Large room (Valerie)</i></p>	<p>11:00pm-12:00pm Mindfulness Meditation Mississauga Practice Loving Kindness and self compassion through guided meditation <i>(Halina)</i></p> <p>Open group for women and men</p>
<p>10:30-11:30am Meditation through Mindful Movements Mississauga Gentle Yoga with various guided meditations. <i>(AnneMarie)</i></p> <p>Open group for women and men</p>			<p>12:00am-1:00pm Knitting Club Mississauga Bring your own project, or your willingness to learn something new, along with knitting needles and wool of your choice and join us to unlock your creativity.... <i>(Debbie)</i></p>
<p>No classes offered during Statutory Holidays July 03, Aug 07, Sep 04 The office will be closed</p>			<p>Wellness Socials will resume in SEPTEMBER</p>

For more information and to confirm the time of groups please contact Margaret at:

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