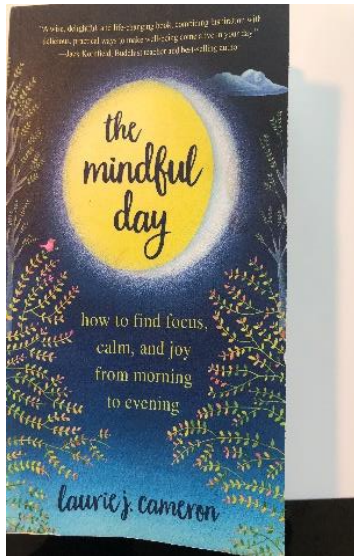


Mindfulness Book Club Coming Soon

Offering: Four-week mindfulness book club sessions for anyone that would like to join:

Book: "*the mindful day*" - how to find focus, calm and joy from morning to evening by Laurie J. Cameron

What is the Mindfulness Book Club?



Over a period of four weeks, we will be discussing the content of the Mindful book and experiencing some mindfulness practices.

Each week we will read a certain section of the book, have a discussion, incorporate a meditation and some mindful movements during the session.

The mindfulness book club will help you learn how to intentionally cope with pain, illness, and stress. You will gain a better understanding of stress and how to respond more effectively to daily challenges.

Instructor: Bernice Parent, Certified Yoga and Mindfulness teacher.

Dates: November 2,9,16,23, 2021

Time: 12:30 pm – 2:30 pm

Location: New Horizon Emerson Hall

Cost: \$20.00 for the Mindfulness Book

****Registration is required as we are only taking 15 participants****

If you are interested in this four-week book club, please register with Lorri French @ 542-0689

Thanks to the New Horizon Grant