

# Mindfulness Mondays

12 P.M. - 1 P.M.

Join us virtually every Monday throughout 2022, where we will interact with each other through open discussion to support our emotional wellbeing.

Topics Include:  
Thinking about your home & Country  
Beyond COVID-19  
Self-Care  
Family Fun  
Yoga, Yodels & Seated Sensations  
Building Community Together

Please register by phone or e-mail

with Kimberly

519-944-4900 ext. 123

or [kkirt@uhc.ca](mailto:kkirt@uhc.ca)

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