

# Wellness and Meditation

- MINDFULNESS
- CHALLENGING OUR MINDS THROUGH MOVEMENT
- ENJOYING OURSELVES BY USING RHYTHM AND MUSIC
- IMPROVING COORDINATION
- BREATHING TECHNIQUES

***Every Wednesday Starting  
May 4th to June 22nd, 2022  
from 10:30am to 11:30am at  
the Lion's Den Room***

***Instructor: Monica Camacho***

Register online at [www.bbnc.ca](http://www.bbnc.ca)  
For more information, email  
[priya@bbnc.ca](mailto:priya@bbnc.ca) or call 416-396-7599

