



# Mindfulness With Clay



**Free 8\*** week program exploring ways to improve health & well-being with mindfulness

**WHO:** Referred SRCHC clients

**What:** *Introduction to mindfulness and clay  
Explore ways to improve health and wellness  
Connect and learn with others*

**When:** Tuesdays, October 3<sup>rd</sup> to November 28<sup>th</sup>, 2023  
1pm to 3:00pm

**Where:** Studio on the Hill, 967 O'Connor Drive

**How:** Call **416-419-5934** to register (space limited)

*\*9<sup>th</sup> week included for pick up and feedback*