



Build Your Self-Care Tool Box

FREE VIRTUAL 8-WEEK PROGRAM FOR ADULTS 55+

Take charge of your stress in 2023.

Learn everyday tools like mindful meditation, movement and breath work to support your self-care and increase your capacity for greater daily calm.

Each 75 minute session includes opportunities to learn and practice new skills, and time to connect with peers in your community.

WHEN:

Tuesdays from January 24 - March 14, 2023
1:00 - 2:15 PM *Participate via Zoom or by telephone*

FACILITATED BY:

Lila K. Danis MSc in Psychology,
Neuroscience and Behaviour
and Mindfulness Based Stress Reduction
Certified Facilitator



PROGRAM REGISTRATION:

Contact Anna, Manager H&W
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Have questions? Want to learn more?

Join our **virtual info session** on
January 10, 2023 from 1:00-2:00 PM

