

Nurturing Health and Wellness in Women

Saturday September **22 & 29** 10AM – 1PM

KILLARNEY COMMUNITY CENTRE [Room 211]

6260 Killarney Street, Vancouver

FREE to women age 18+ wanting to build community connections and improve wellness
Healthy snacks provided

Join Mridula and Shelley for two 3 hour sessions



- ✓ Meet with others and talk about health, wellness, and self-care
- ✓ Create a self-care and wellness collage/vision board
- ✓ Develop a personal self-care plan
- ✓ Practice self-care techniques such as guided meditation, visualization and gentle yoga
- ✓ Receive information and resources related to health and wellness
- ✓ Build a network of support right in your own community

Call Shelley at **604-970-7765** to Register

Space Limited, Register Early

(Please leave your name and contact number if there is no answer)

Thank you to Neighbourhood Small Grants, the Vancouver Foundation and Killarney Community Centre for making this possible



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