

Mindfulness 101

Introduction to Mindfulness

In this workshop you will learn:

- What mindfulness is
- Benefits and Challenges of Mindfulness
- How to practice mindfulness through facilitator led exercises
- How to integrate mindfulness into your daily life
- Understanding how mindfulness improves mental health

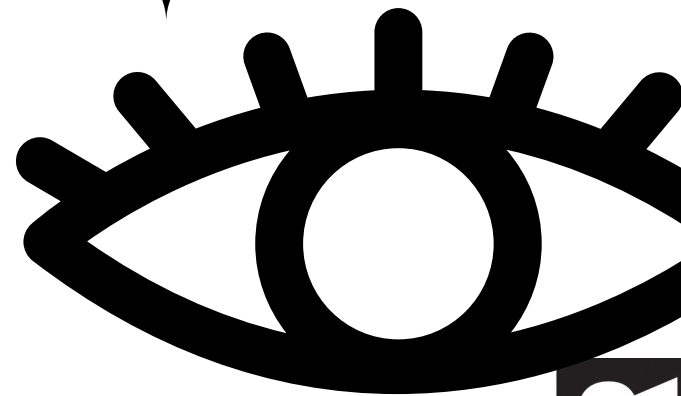
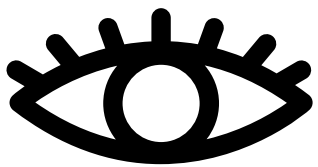
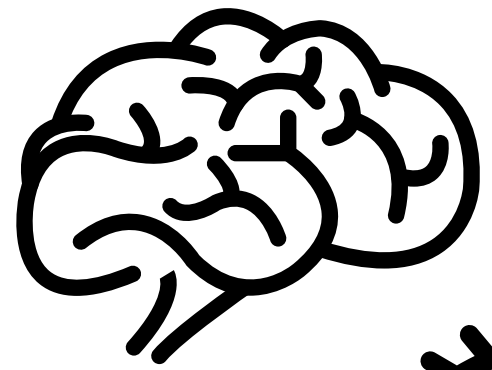
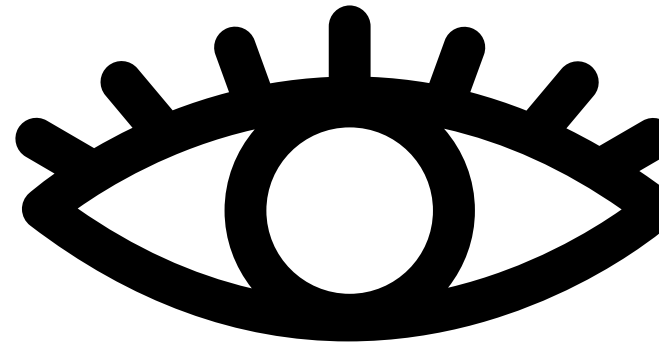
**Date: Wednesday, December 2
at 2:30 p.m. - 4:00 p.m.**

Format: Zoom

**Email rose.anthony@humber.ca
to register.**

Room will be locked at 2:40 p.m.

**Led by: Humber Counsellors
in SWAC**



**WE ARE
HUMBER**