

The Waterdown Clinic of Naturopathic Medicine's Ongoing

MINDFULNESS

EACH TUESDAY EVENING AT 7:00PM



Hosted by Stephen Hudecki BFA, MA



A program that allows you to explore different forms of meditation and to share the experience with like-minded seekers. Repeated studies show Mindfulness to be very beneficial for the physical and mental health of all ages. Join the group at any time.

**NEW! 3rd Sunday of Each Month Join Us for an Introductory
Meditation Seminar 1-4pm**

This seminar allows you to seamlessly join the weekly group or provides you with skills to enhance your individual practice.

Next Seminar dates: Sept 18, Oct 16, Nov 20 and Dec 18

**PLEASE CALL 905-690-9151 OR EMAIL
INFO@WATERDOWNCLINIC.COM TO REGISTER**