

# Scarborough Academic

Family Health Team



## An Introduction to Mindfulness & Relaxation

**FREE 2 HOUR WORKSHOP**

Do you want to feel better, reduce your stress and improve your quality of life?

Join our workshop on

**Wednesday**

**December 6, 2017**

**1:00-3:00pm**

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**Thorncliffe**

**Neighbourhood Office**

45 Overlea Boulevard

Unit # 108A

Toronto, ON M4H 1C3

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Space Limited! Register at (416) 690-5180 or [booking@safht.ca](mailto:booking@safht.ca)

