



Virtual Wellness Series

SPRING INTO JOY

**6 TUESDAY WORKSHOPS AT 2 PM
APRIL 13 - MAY 19, 2021**

It's time to shed our winter baggage and sprout with optimism and hop into spring. This is not easy to do under lockdowns and with pandemic fears still looming, but coming together and sharing wellness strategies is sure to bring us some joy.

SELF-CARE PHYSICAL WELLNESS SHARING
QUIGONG MENTAL WELLNESS
BREATHING EXERCISES INTENTION CHAIR YOGA

Material presented will mentor your inner joy to the surface and help calm the anxious feelings that are lingering. Like all the wellness workshops we will practice breathing, meditating and chair movement to help improve our mental and physical wellness.



FOR MORE INFO
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