



Virtual Wellness Workshop— Accessing Calm

**Exploring how to connect with the flow of calm
energy during COVID Lockdown**

February 23, March 9, 16, 23 @ 2 PM on Zoom



Despite our lives being locked down, our emotional and physical bodies are often vibrating high. Anxious feelings and body tension can make even the simplest tasks seem overwhelming. In this workshop series we will embrace ways of finding calm during stressful events and at different times of our day. Activities learned will be documented for future use.

**To Register email: jasmind@lampchc.org or
call Jasmin at 416-252-6471**



LAMP Community Health Centre
185 Fifth St
Etobicoke, ON M8V 2Z5