

breathe. notice. now.

**Thursday Evenings
6:00 pm - 6:45 pm (EST)
March 10 - April 28, 2022**

**with a 60-minute *Ask Me Anything* Session
on Thursday April 28, 2022**

Join us on Thursday evenings as we explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness.

NO REGISTRATION REQUIRED

**[Click Here Every Session to Join
https://us06web.zoom.us/j/89982541556](https://us06web.zoom.us/j/89982541556)**

Have questions
about your
practice or want to
learn more about
mindfulness?



Join Peter Marks
CEO, A Centre for
Conscious Care and
co-founder of
B-FIT Mindfulness
on Thursday April 28
for a 60-minute
Ask Me Anything
Q & A session.



For more information
please email
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