

FAMILY NETWORK MEETING

APRIL 29, 2019

TIME: 630-830PM

LOCATION: 5665 14TH AVENUE, MARKHAM ON, L3S 3K5

Topic: Mindfulness and Stress reduction for Caregivers

Join Community Living York South and Lululemon for an evening dedicated to caregivers. The workshop will be held at the Aaniin community center where representatives from Lululemon will demonstrate stress reducing techniques, and will discuss the importance of mental health.

Please note that spaces are limited and RSVP is required.

If you are interested, please RSVP at the email listed below.

RSVP:

KAMAL GREWAL

KGREWAL@COMMUNITYLIVINGYORKSOUTH.CA

905 294 4971 EXT 640

This is a great opportunity for you to meet other families and receive information on resources available in your community.

COMMUNITY LIVING
York South

Inspiring Possibilities

