

Free Ring and Reach Webinar



Mindfulness Everyday: Help for Caregivers

Learn:

- About how mindfulness works
- Mindfulness meditation exercises
- Effective strategies for coping with difficult caregiving situations
- About community resources



SPEAKER:
Sue Hutton,
BSW, MSW, MBSR

Tuesday, May 30, 2017
7:00 P.M. to 8:30 P.M.

Space is limited, so register today!

www.thecaregivernetwork.ca/vha

1-866-396-2433



For more information, contact Malak Sidky at **416-459-0266**
or email at: malak@healthcareeventplanning.com