



**CONSUMERS' HEALTH
AWARENESS NETWORK**
NEWFOUNDLAND AND LABRADOR
www.channal.ca

Mindfulness and Mental Health

Presented by Andrew Safer, Mindfulness Instructor, Paul March, BA; BSW; RSW,
and Michele Pike, BSW; RSW

Mindfulness - the practice of being present in the moment - has a proven link to mental wellness.

Join us as we demonstrate through practice and discussion how mindfulness can be used as a wellness tool to support you in your mental health journey.

When: Monday March 18, 2013, 9:00 am - 4:00 pm

Where: 284 LeMarchant Rd.

For: Individuals with mental health issues

RSVP by March 8, 2013 to:

CHANNAL Provincial Office
Phone: 709-753-2560
Toll-Free: 1-855-753-2560
Email: admin@channal.ca

* Registration is required for this event.
There is no cost. Light lunch provided.
This is a Scent Free event.