

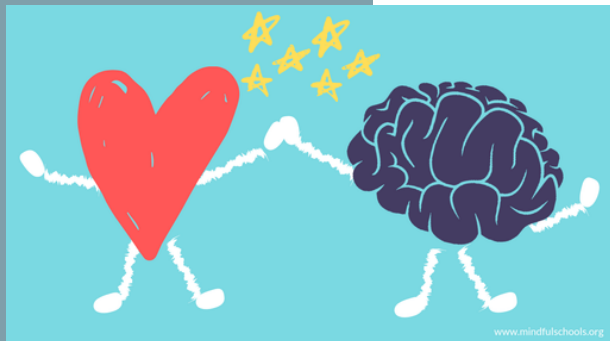


Reduced stress, relaxation and the ability to stay in the moment. Join us to learn how you can achieve this in just 10 minutes a day.

**Call
705-671-1661
x212
to register**

FREE Online Program

MAST - MINDFULNESS AWARENESS



**4 Weeks starting
Wednesday April 21,
10:00 - Noon**

