

Mindfulness - Virtual Group

Do you feel anxious? Do you feel like it's hard to relax? Do you find it difficult to stop your mind from racing?



Join us online to learn how you can manage your thoughts, feelings and sensations.

Waterloo Region Nurse Practitioner Led Clinic
(p) 519-772-2322
www.wrnplc.ca

All patients and community members 16 years and older are welcome!

Thursdays
6pm -7:30pm

February 6, 13, 20,
2025

Register by sending
an email to

Patient@wrnplc.ca