



Société Alzheimer Society
NIAGARA REGION
RÉGION DE NIAGARA



Make Mindfulness Your New Year's Resolution

Guest Speaker: Gail MacKenzie-High, B.Sc., PRC

A mindfulness practice has many benefits. It can help relieve stress, improve sleep, lower blood pressure and reduce chronic pain. Mindfulness helps us put some space between ourselves and our reactions. Join us as we explore breathing methods, guided imagery and other techniques to relax the body and mind.

Wednesday January 13, 2021

10:00 - 12:00pm

NOW ONLINE

[Click here to register!](#)

Connection details will be e-mailed after registration.

