

Klinik Community Health offers a free monthly mindfulness meditation practice for all who have completed a mindfulness based meditation course (eight week or five day intensive)

Practice Mindfulness Meditation with other mindfulness graduates the fourth Wednesday of the month

All who have completed a mindfulness based meditation course (Mindfulness Based Stress Reduction, Mindfulness Based Cognitive Therapy, Mindfulness Based Self-Compassion and Compassion Cultivation Training) are welcome to attend

Practice begins at 6:00pm and goes until 7:30 pm. A mindfulness teacher will guide a meditation and there will be an opportunity to reflect on and have conversation about mindfulness practice. Information will be shared regarding resources to support our mindfulness practice.

September 27<sup>th</sup>, October 25<sup>th</sup>, November 22<sup>nd</sup>, 2017  
There will be no practice in December

Klinik 870 Portage Avenue  
Contact Terry Wilson at [twilson@klinik.mb.ca](mailto:twilson@klinik.mb.ca) for further information