



Primary Health Care Services  
OF PETERBOROUGH

*Peterborough Networked*

**Family Health Team**



**Mindfulness for  
Health and Wellness**

**Monthly Drop-in for  
Graduates**

[www.peterboroughfht.com](http://www.peterboroughfht.com)

# Mindfulness for Health and Wellness Monthly Drop-in for Graduates

This monthly drop-in group is available to anyone who has **completed the 10 week Mindfulness for Health and Wellness program**. This group will reinforce teachings from the Mindfulness for Health and Wellness group and will allow you to expand and further develop mindfulness and meditation practice.

\*This group is only available to those who have completed the 10 week program

*If you have completed the 10 week Mindfulness for Health and Wellness program then this monthly drop-in group may be for you ...*

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Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_