



## Introduction to Mindfulness Workshop

Mindfulness is a research proven approach that promotes health and well-being in the mind and body. This interactive small group workshop is designed for anyone who wants to apply the power of mindfulness to address health issues, life's challenges and stresses. This workshop offers group discussions as well as practical tools for building a formal and informal mindfulness practice.

**DATE:** Saturday October 3, 2015

**TIME:** 9:00 - 11:30

**LOCATION:** Proactive Pelvic Health Centre,  
863 Broadview Ave., Toronto

**COST:** \$65

**For registration enquiries email: [info@proactiveph.com](mailto:info@proactiveph.com)**

**Or call: 647-352-7742**

**Veronica Takes** is an Occupational Therapist and Clinical Educator. She has developed and facilitated group education programs on various health related topics and has presented at national and international conferences.

Veronica is particularly passionate about teaching people how to integrate mindfulness into their daily lives. Her teaching style integrates psychology, neuroscience and meditation practices. Her workshops are an invitation into a new way of being that can reduce stress and enhance joy, gratitude and well-being.

