



CAREGIVERS CORNER: WELLNESS SERIES MEDITATION & MINDFULNESS FOR CAREGIVERS

Join us each month as we connect with community partners for interactive workshops that promote positive brain health, meaningful connections, and well-being.

Join us for a chance to rest, reconnect, and learn simple practices to support emotional resilience. We'll explore how to begin and/or sustain a regular meditation practice, bring mindfulness into daily life, and meet each moment with greater compassion and acceptance. No experience needed—just a willingness to pause and breathe.



**Tuesday, October 28, 2025
1:30 PM - 3:00 PM**



**Welland Community Centre
145 Lincoln St., Welland**

Transportation available if needed



REGISTER NOW



Canada

Funding provided by the
New Horizons for Seniors Program



CONTACT US
905-687-3914



VISIT OUR WEBSITE
www.alzheimerniagara.ca/caregiverwellness