

Mindfulness Mondays: Take Some Time Out for You!

In these 20-30 minute sessions we will focus on the present moment, learning to pay attention without judgement, and explore how we can learn to change our thinking from reacting to responding.

This class is intended for Healthcare providers at South Health Campus.



When: Mondays 12:15pm-12:45pm (Sept 21-Nov 30 excludes Stat Holidays)

Where: Online Zoom Session (Internet access required)

Cost: Free

Register or Drop In:

Registration Link: <https://app.booking.ca/shcwellnesspub/index.asp>

Drop In Zoom Link:

<https://albertahealthservices.zoom.us/j/99859288207?pwd=VEF2dDJvZ09teUVaWgzWS9xeWZtZz09>

Password: 939550 Meeting ID: 998 5928 8207

Other: Questions? Email wellness.shc@ahs.ca.

Program provider: Sandra Young PhD RN CAPM CPHQ
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