

MIND BODY AND YOGA

Facilitated by:

**Shruti Patel
and
Salima Lakhoo**

Therapeutic group combining psycho-
education, mindfulness, and yoga!

May 15 - July 03, 2019

**Wednesdays
12:30-2:00 pm**

1541 Jane Street
The Jane Street Hub
1 token per person

**Call 416-645-7575 ext 2050 to
register by May 13, 2019!**