



HEALTH, HAPPINESS & ENERGY

YOU ARE INVITED TO ATTEND
FREE WORKSHOP

Introduction to POWERFUL breathing techniques
that increase your well-being through:

- Reduced stress
- Increased health & well-being
- More ease & joy in personal relationships
- Improved self-esteem
- Greater creativity and clarity of mind
- A deeper sense of community



City Centre
Health Care

City Centre Health Care is a
satellite program of Windsor
Essex Community Health
Centre. It is operated by the
Canadian Mental Health
Association Windsor-Essex
County Branch (CMHA-WECB)
and is located in the
CMHA-WECB offices at 1400
Windsor Ave., Windsor, Ontario



THE ART OF LIVING

www.ArtOfLiving.org

SEMINAR DATES & TIMES

Wednesday 8th Sept. 6pm to 7pm

LOCATION DETAILS

City Centre Health Care
Large East Room, 1400 Windsor Avenue
Windsor, Ontario, Canada N8X 3L9

CONTACT DETAILS

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