

**FREE**

# SELF-CARE WORKSHOPS

**10AM - MINDFULNESS**

**11AM - YOGA (ALL LEVELS)**

**12PM - ART THERAPY**

**Friday, September 21, 2018**

Windsor Essex Community Health Centre  
Sandwich Site

3325 College Ave. Windsor, ON

REGISTER FOR EACH WORKSHOP AT  
[WECHC-SELFCARE.EVENTBRITE.CA](http://WECHC-SELFCARE.EVENTBRITE.CA)

FOR MORE INFORMATION CALL 519-258-6002 X 501

[www.wechc.org](http://www.wechc.org)



**Ontario**

Erie St. Clair Local Health  
Integration Network

Réseau local d'intégration  
des services de santé  
d'Érie St. Clair

**YOU ARE NOT ALONE**