



WELLNESS WORKSHOP SERIES

A drop-in workshop series on the basic building blocks of self-care and simple steps we can take toward improving our mental health. Snacks included!

**THURSDAYS, 3:30-4:30PM
@ FOUNDRY NORTH SHORE**

- **Oct. 10 - Stuck on Sleep**
 - **Oct. 17 - Activating our Physical Activity**
 - **Oct. 24 - Food and You**
 - **Oct. 31 - Hitting Refresh on Tech**
 - **Nov. 7 - Belonging: Finding our Kind**
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TALK TO YOUR FOUNDRY WORKER OR
CONTACT DOM @ 604-220-0049
FOR INFO/REGISTRATION

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NORTH SHORE