



Ontario Society of Senior Citizens Organizations  
La Société des Organisations des Citoyens Aînés de l'Ontario

# **MINDFULNESS:** **SUPERCHARGING YOUR WELL-BEING**

AN 8-WEEK GUIDED PROGRAM

**February 13 to April 2, 2024**

**Tuesday evenings**

**From 7:00pm - 8:00pm**

Are you looking for peace of mind while expanding your capacity to embrace life's challenges? Trainer Rosalyn Benatar, a Registered Holistic Nutritionist, Reiki healer, mindfulness meditation instructor, helps you develop mindfulness skills to improve diet, physical activity, sleep, stress recovery and personal awareness.

## **PROGRAM CURRICULUM:**



1. Finding your state of flow
2. Mindfulness and Heartfulness
3. How mindfulness can reduce stress
4. Deepen your mindful meditation experience
5. Mindfulness what it is & what it is not
6. Compassion for ourselves
7. Let's fill your cup
8. Mindful Movement

***Program is tuition free to Ontarians 55+ and offered on ZOOM***

**Registration is required via Eventbrite or**  
**by email: [education@ossco.org](mailto:education@ossco.org) or call 416-785-8570 ext. 224**