

Mindfulness Drop-in

Learn to relax by practicing meditation

Tuesdays, 6:30–7:30 PM, September 8th–December 8th
at the Wellspring (door near Starbucks). Tea and cookies served.

Facilitated by Psychologist Ivan Drouin & Dr. Riley Olstead

Sponsored by Wellspring and StFX Health Counselling Centre



ST. FRANCIS XAVIER
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