

Mindful Mondays

Fall 2021

Join us for a peaceful hour of online mindfulness practice.
By physicians, for physicians.

Sept. 20 with Dr. Marisa Collins

Oct. 4 with Dr. Mark Sherman

Oct. 18 with Dr. Trish Snozyk

Nov. 1 with Dr. Mark Sherman

Nov. 15 with Dr. Marisa Collins

Dec. 6 with Dr. Trish Snozyk

Sessions run 20.00 - 21.00

No experience necessary!

Register your interest at info@southislandmsa.ca