



Mindfulness Movements

Let's start the summer off strong by stretching our bodies and minds in the fresh air!

Wednesday, June 23 • 1-2 PM
Strathmore Municipal Library - SE Green space
Cost: FREE

Please Pre-register at 5forlife.ca
Face masks (parents and children age 2+) and social distancing are required.
Due to COVID-19 indoor gathering restrictions, this event will be cancelled in the event of rain.

For more info go to 5forlife.ca, email 5forlifeevents@gmail.com or call (403) 361-7216

Activities for children 0-5, all families welcome!



www.5forlife.ca

