



OSSCO® Educational Program

Presents

MEDITATION 101: A 6-WEEK JOURNEY TO INNER PEACE & MINDFUL LIVING

May 23 - June 27, 2024

Afternoon, 3:00 PM to 4:00 PM

Via ZOOM and Telephone

Finding moments of peace and clarity in today's fast-paced environment is critical for general well-being. With our six-week meditation program, you embark on a journey of self-discovery and inner calm. Meditation can help you cultivate awareness, reduce stress, and improve your mental, emotional, and physical health. Leading each class is Debbie McCubbin, a long-time meditation teacher. She is interested in how being more present in our lives can help us be happier, more peaceful, and more self-aware. Register now and experience the positive effects of meditation on our well-being.

Program Agenda:

- How to meditate
- Benefits of meditating
- Starting a regular meditation practice
- Dealing with typical issues that can arise in a meditation practice
- Being more present outside of meditation, in our 'real lives'
- ...and many more

[This program is free of charge to all Ontarians 55+.](#)

[Please share this information with your friends & family.](#)

Registration is required via Eventbrite

or email: education@ossco.org or Call 1-416-785-8570 ext. 224

Funded by proceeds from the sale of Break Open Tickets, under license by the AGCO