



October 15, 2017
Toronto | Oakville | London | Virtual

EVENT FACT SHEET

WHAT: 4-hour meditate-athon fundraiser - a feast of mindfulness & kindness activities, designed for everyone, and guided by some of Toronto's leading mindfulness and yoga teachers. **Be Brave. Be Kind. Breathe.**

WHY: to raise money to help bring mindfulness for mental health programs to marginalized people who live with depression, anxiety and other mental health challenges:

- Mindfulness-based therapy is evidence-based, cost-effective and drug-free, and provides the additional benefits of mindfulness
- For just \$75, an 8-week mindfulness program can be delivered to a social service client

DATE: **Sunday, October 15, 2017**
11:00 am - 3:00 pm

WHERE:

- **Toronto** - Daniels Spectrum, 585 Dundas St E
- **Oakville** - MacLachlan College, 337 Trafalgar Rd
- **London** - Innovation Works, 201 King St
- **Virtual** - gather together anywhere to create a fun and powerful experience. We recommend at least 3 people.



REGISTRATION & FUNDRAISING:

Location	Early Bird Fee til Sept 13	Regular Fee	Fundraising Requirement
Toronto	\$40	\$50	Raise min \$250
Oakville / London	\$20	\$25	Set min \$100 goal
Virtual	\$8	\$11	Set min \$50 goal



ABOUT THE CENTRE FOR MINDFULNESS STUDIES: We are the leading provider of professional mindfulness training in Canada. As a charity and social enterprise, the Centre is committed to making mindfulness available to everyone. We work with more than 20 social service agencies and seven healthcare partners to bring mindfulness into the communities that need it most. It's the heart of what we do.

More info or to register: **MindfulnessChallenge.ca**