

The logo features a circular brushstroke graphic on the left, with the text "Mindfulness Challenge" in a bold, sans-serif font and "2017" in a smaller font below it.

Mindfulness Challenge 2017

Be Brave. Be Kind. Breathe. Meditate for mental health!

- Raise funds for mindfulness therapy to help the disadvantaged
- 4 hours of mindfulness and kindness exercises, designed for all

October 15, 2017

11 am - 3 pm

- Daniels Spectrum, **Toronto**
- MacLachlan College, **Oakville**
- Innovation Works, **London**
- **Virtual** - gather together anywhere!

MindfulnessChallenge.ca

**Sold Out
Last Year!**

*"An incredible
and uplifting
experience"*

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