



Mindfulness Workshop

Take a step towards a healthier and more balanced lifestyle at NCCE Inc.'s Youth Resource Center (YRC) and discover the tools to nurture your well-being and find inner harmony. Join us for a mindfulness wellness workshop that will delve into various practices, from meditation to Yoga and Pranayama.



6 December 2024
3:30 PM - 5:00 PM



NCCE Inc. Main Office
660 Ouellette Avenue

Don't miss this transformative opportunity!

