

WASOQOPA'Q FIRST NATION



# March Break Mindfulness

Band and community members are welcome to attend  
March Break Mindfulness workshops with their children.

We will be talking about what mindfulness can look like for you and creating a  
fun and calming art piece!

**GOLD RIVER** : March 11 at 1pm @ Location TBA

**HALIFAX AREA** : March 12 at 1pm @ BMO Centre, 61 Gary Martin Drive in Bedford

**YARMOUTH** : March 13 at 1pm @ Rose Purdy Community Centre

To register please email Kolby at [kbernard@acadiaband.ca](mailto:kbernard@acadiaband.ca)

