



Wellness Workshop For Migrant Workers



MOSAIC
Engaging Newcomers, Enriching Communities

Time : Saturday January 13, 2024 | 2—4 pm | Registration Required!

Location: 5575 Boundary Road Vancouver, B.C. , Canada V5R 2P9.

Join us for a pleasant evening beginning with music & yoga session also learning effective techniques for managing stress, eight dimensions of wellness & getting introduced to gratitude journaling technique for greater happiness in life!

Refreshments, Bus Tickets, Gifts & Handouts will be provided.

To Register contact Sediqa Sarwari | ssarwari@mosaicbc.org | Text: 236- 858- 9357

Learn more at www.mosaicbc.org/events



Funded by the
Government
of Canada

Canada

