FAMILY CENTRE PRESENTS

RADY MONTHLY WELLNESS/MINDFULNESS SERIES



Third Wednesday of the month, Noon-1pm 280 Brodie Centre - RFHS Family Centre

Introducing Our Wellness/Mindfulness Series!

Step out of the pressure zone and spend a quiet hour reconnecting with the creative parts of yourself. We'll explore different forms of artistic expression with a beginner's mind, and think about health in a more holistic way. No experience necessary!

Presented by the Alan Klass Program for Health Humanities in collaboration with The Family Centre.

This group is available to all Rady staff, faculty and learners.



Wednesdays 12pm to 1pm

September 8, 2025
October 8, 2025
November 12, 2025
December 10, 2025
January 14, 2026
February 11, 2026
March 11, 2026
April 8, 2026
May 13, 2026
June 10, 2026

