

MINDFULNESS MEDITATION

A workshop series at Bannatyne

**BIWEEKLY ON WEDNESDAYS
SEPT. 24 - DEC. 17, 2025**

12 p.m. – 1 p.m.

**Multi-Faith Centre (78 Brodie)
Bannatyne Campus**

Find Your Calm: Join our biweekly Mindfulness Meditation workshops to reduce stress, improve focus, and learn techniques to center yourself. All learners and staff are welcome to participate.

Registration required. To register, please email spiritualcare@umanitoba.ca