

COME JOIN US IN A WEEKLY VIRTUAL WELLNESS GATHERING

STARTING JULY 22ND...

VICTORIA WILL HOST A 60 MINUTE GATHERING OVER ZOOM MEDIA, FOR 6 CONSECUTIVE WEDNESDAY'S, AT 4:00PM.

THESE SESSIONS ARE DESIGNED TO INCORPORATE REFLECTIVE ACTIVITY, MINDFUL MOVEMENT, AND CONNECTED DISCUSSION IN A VIRTUAL GROUP SETTING.

VICTORIA WILL INCLUDE BRAIN FITNESS WITH MOVEMENT AND BREATHING AS WELL AS ACTIVITIES TO ENCOURAGE RELAXATION AND CONTEMPLATION.

TOPICS WILL RANGE FROM HOW TO WORKOUT AT HOME, HOW TO BUILD SELF CONFIDENCE, MANAGING YOUR TIME WHILE WORKING AT HOME, TO HOW TO MANAGE STRESS AND MUCH MORE.

GUESTS WILL INCLUDE OTHER MEMBERS OF THE MTG TEAM.

JOIN ALL 6 WELLNESS GATHERINGS FOR ONLY \$50.00.

PLEASE CALL THE CLINIC AT (705) 741-1711 OR E-MAIL US AT INFO@MURPHYTHERAPEUTICGROUP.CA TO BOOK YOUR SPOT TODAY!