



## Alumni Online Maintenance Classes: Mindfulness Matters Maintenance

**Maintain your mindfulness practice in challenging times.**

Moderated by Debbie Joel and Katherine Hall



**These online and interactive Zoom classes welcome...**

- Alumni of MBCPM™ and MBCSM program who attended the course in full
- Anyone who has done a mindfulness program elsewhere

**Not sure about enrolling? Try two free classes before registering at a reduced rate.**

2022 Calendar - Mondays 7:00 - 8:15 pm ET	
Session (9 classes)	Dates
Spring Session	May 2 to July 4 (no class May 23)
Summer Session	July 18 to September 26 (no classes Aug 1, Sept 5)
Fall Session	October 24 to December 19

**Cost** *plus applicable tax (drop in and join any time)*

- Trial: First 2 classes are free; then only \$25 if you want to continue for the remaining 7 classes
- \$55 for a full Session (9 classes)
- \$130 for a calendar year (January 2022 to December 2022) of drop-in classes
- Payments may be made in instalments

### **Registration**

- Please complete the [Mindfulness Matters Class Registration Form](#) and return it to [team@neuronovacentre.com](mailto:team@neuronovacentre.com)

