

# **TAMIL CAREGIVER WELLNESS BREATHWORK, STRETCHES & MINDFULNESS**

Join us every Thursday to keep your mind and body healthy by participating in our online relaxation workshop led by a certified Tamil-speaking yoga instructor.



 Hybrid: Zoom + 629 Markham Road on last Thursday of month

 Every Thursday

 10:30 AM - 11:30 AM

For Tamil caregivers,  
seniors, families & friends

To register, call **416-948-6948** or email [djayapathy@schcontario.ca](mailto:djayapathy@schcontario.ca)