



Be kind to your mind and take a breath!

YGSE WELLNESS RETREAT



Join us for a day of free wellness activities including yoga and mindfulness. Lunch provided.

**FRIDAY, FEBRUARY 14, 2020
10AM - 4PM
COLLEGE STREET UNITED CHURCH
(454 COLLEGE ST.)**

For details and registration:
<https://ygse.info.yorku.ca/event/ygse-wellness-retreat/>