



CORNERSTONE **SUMMER GROUPS** FOR WOMEN

JULY 4, 11, 18, 25

AUGUST 1, 8

2-3PM

40 SWAYNE ST
COBOURG, ON K9A 1K5

- please come in
- no registration necessary
- snacks offered

- self
- wellness
- exploration/grounding
- breath/mind/body
- art/body connection
- celebration



FOR MORE INFORMATION CONTACT: CORNERSTONE @ 905-372-1545