Roots Community Services Presents
Social Enterprising & Entrepreneurial Development (SEED) Program
16 Days Of Activism Against Gender-based Violence



Resilient Women
Health & Wellness

340 Vodden St E, Brampton, ON L6V 2N2

Join us for a relaxing morning focused on yoga, mindfulness, and wellness! Enjoy a rejuvenating yoga session designed to improve flexibility, strength, and relaxation while promoting overall well-being.

Saturday, November 28, 2026
10:00 AM to 12:00 PM

Wear comfortable clothing and bring water!



Facilitator

Dr. Sheraldine Thomlinson
Health & Wellness Educator
& Registered Kinesiologist

Register here to join us
go.rootscs.org/resilientwellness

For more information, contact
our **SEED team** at **seed@rootscs.org**
or **call** as at **905-455-6789 ext. 173**

roots community services
Inspiration. Empowerment. Action.