

CLIMB + CONQUER

A MINDFULNESS HIKE SERIES BY
HONG FOOK MENTAL HEALTH ASSOCIATION

FOR YOUTH AGES 12+



WHEN? MONDAYS FROM JULY 16 - JULY 30,
4-6 PM

ACTUAL HIKE ON JULY 21, 10 AM - 3 PM

WHERE? HONG FOOK NORTH YORK
(1751 SHEPPARD AVE. E.)

TO REGISTER:
RAWONG@HONGFOOK.CA
416-493-4242 X 2246