

Relaxation Group



Learn ways to calm your mind and relax your body.

Patients & Support people welcome.

Please wear something comfortable and without scents.

Tuesdays 10:00 – 11:15am

Okanagan Room, 2nd floor

***Call or drop into Patient & Family Counselling
to register***

250-712-3963 or 1-888-563-7773 ext 683963