



Find the greatness within

Sunday Get-Togethers

At all 4 locations, twice daily

- West End North - Location TBA
- West End South - Location TBA
- West End East - Location TBA
- West End West - Location TBA

Weekly times at all 4 locations:

- 10:00-11:00am
- 1:00-2:00pm

The content of the services will be as follows:

- Opening Music - **The Nu Dream** - 5 minutes
- Relevant issues in the local and global community delivered by a prominent member of The NuVoWay Community - 30 minutes
- Mindfulness, Meditation and Movement - 20 minutes
- Closing Music - **John Lennon - Imagine**— 5 minutes

We will do our utmost to accommodate every person who would like to be a part of our program. This is not simply open to our members, but to every person in the community. Our anticipation is that we will rapidly exceed our capacity of 200 attendees at each location every week.

NuVoWay.ca

Leading a health, fitness and LifeStyle revolution.