

# SELFLESS, SELF-CARE

## L I M B U S


LED BY DRs. DARBY EWASHINA & MARIE CLAIRE BOURQUE  
FRIDAY, JANUARY 18, 2019

12-12:50 PM

HRIC ATRIUM FOOTHILLS HOSPITAL

All AHS staff and friends are welcome to participate in this resident-led fundraiser for the Society for Treatment of Autism.

[Limbus](#) is a Mental Fitness Program developed to change the way we interact with our thoughts, emotions and experiences.

 Yoga Mats have generously been donated by LULULEMONYYC

Society for Treatment of Autism is an Alberta-based charitable organization providing treatment, educational and consulting services for people with Autism Spectrum Disorder and their families

<http://www.autism.ca/>

Donations are also welcome online:

<https://www.canadahelps.org/en/dn/12702/> ("Selfless, Self-care")



Limbus is a space to express yourself. Rhythmic music and repetitive, meditative movements are used to get you out of your head into your body

PLEASE SIGN UP TO JOIN ON EVENTBRITE [HERE](#)

Please wear comfortable workout clothing and bring water, a sweat towel and socks/footwear

Donations to the Society for the Treatment of Autism are welcomed

PROMOTING SELF-CARE AND POSITIVE WORK CULTURE @ FMC

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