



**SOCIAL PLANNING COUNCIL OF PEEL**  
**HOW TO LEVERAGE**  
**MEDITATION: YOUR**  
IMAGINATION, GRATITUDE  
AND **SMART** GOALS TO  
CREATE DREAM LIFE

**Thrive Program**



**SATURDAY, JULY 12, 2025**  
**2PM - 4:30PM**



**DAVIS CAMPUS SHERIDAN COLLEGE,**  
**7899 MCLAUGHLIN RD, BRAMPTON**  
**ROOM C217 (PARALEGAL**  
**COURTROOM)**



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