

Cook's Network

Agenda

- Welcome and Introductions
- Mindful Moments
- Cooking Demonstration
- Sharing of Resources
- Questions and Connections
- Resources Available
- Next Steps



Welcome and Introductions

- We invite participants to say good morning and share what they have been focusing on in their role.



Mindful Moments

- Mindful Moments Power Point can be found at www.eccdc.org





Mindful Moments

How to Turn your Stroll around the
Neighbourhood into a Mindful
Experience

eccdc
early childhood community development centre

Step 1

Dress for the weather. You will want to be comfortable so your mind can relax.





Step 2

Focus on the sounds you hear. Birds chirping, the breeze through the trees, squirrels chattering...

Step 3

Focus on what you can feel. The sun on your face, the wind in your hair, the squish of mud under your feet...



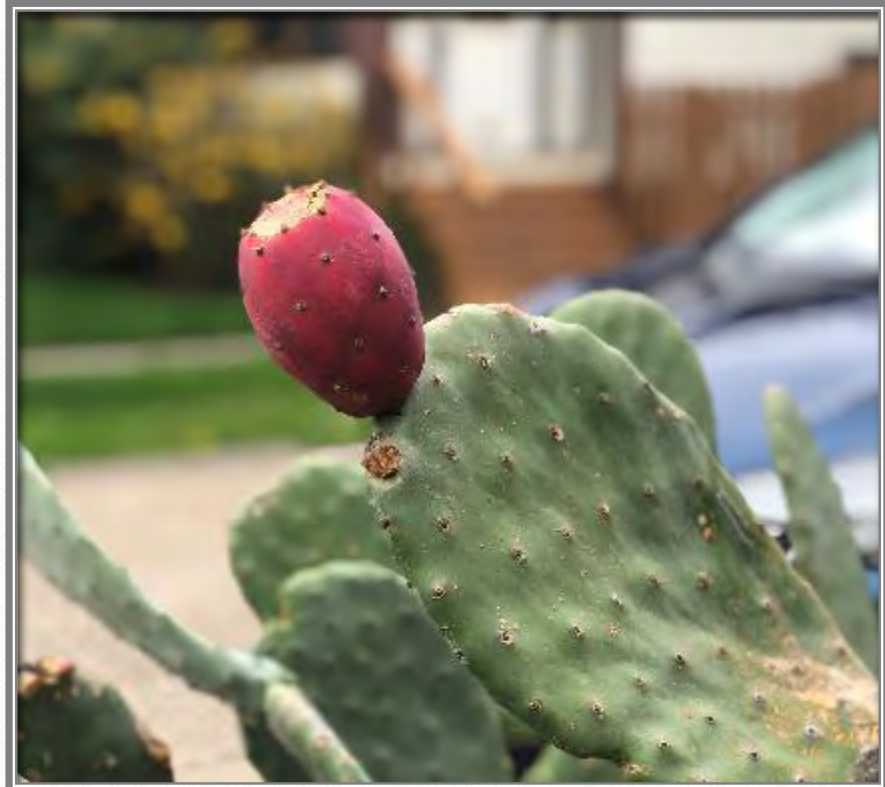


Step 4

Focus on your surroundings. What is different? Are there new plants in bloom? A new bird nest in a tree?

Step 5

Experience the moment. Take a few deep breaths, capture a photo, let the sun warm your face...





Step 6

Reflect on your walk and share your
Mindful Moments with us!

<https://www.facebook.com/eccdc>

Cooking Demonstration

- Chocolate Chia Pudding



Resources

- https://www.niagararegion.ca/living/health_wellness/food-safety/default.aspx
- In what ways have you explored Niagara Region Public Health webpages on health and wellness?
- Review of resources
 - ECCDC Webpages
 - Sustain Ontario



Questions and Connections

- Participants are encouraged to ask questions and make connections.



Resources Available

- www.eccdc.org



Next Steps

- Follow up to today's network meeting

