

SAVIS to host spring workshop

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The Sexual Assault and Violence Intervention Services of Halton will be hosting a spring workshop on Wednesday evenings from 6-7:30 p.m. at SAVIS, Hopedale Mall 1515 Rebecca St. Suite 227, in Oakville.

The topics for the workshop include belly dancing on May 16, expressing yourself through art on May 23, de-stress clinic May 30, yoga, June 6 and meditation on June 13.

There is no cost for this workshop and pre-registration is required. For more information, call 905-825-3622.