

**DISTICOR**  
MAGAZINE DISTRIBUTION SERVICES

# PROJECT CALM

PROJECT *calm*\*  
MINDFULNESS THROUGH MAKING



## It's back!



Discover Mindfulness, and enjoy practical creative projects, and stories to inspire packed in this publication. Project Calm is a beautiful and quality magazine that nurtures women with busy lives, helping them to slow things down, think positively, and show them how they can use their love for craft and creativity to be mindful.

Project Calm is back for a limited time and changed frequency from monthly to quarterly, starting with the next issue scheduled to go on sale July 09/2021

**WORK!**

**REST!**

**PLAY!**

**Cover Price: \$20.00**

**Freq: Quarterly**

Please add: \_\_\_\_\_ copies of  
"Project Calm" Bipad: 71050

STORE / LIBRARY: \_\_\_\_\_ ACCOUNT NO: \_\_\_\_\_

1000 Thornton Road South, Unit B, Oshawa ON L1J 7E2  
Phone: (905) 619-6565 Fax: (905) 619-2903; Email: [carolinen@disticor.com](mailto:carolinen@disticor.com); Web: [www.disticor.com](http://www.disticor.com)

Mar 10'21

30 Oct 2021