

MINDFULNESS

In Nature

WITH MARY PEREZ, LMFT

No Registration Required!*

Thursdays 11:30AM-1:00PM

February 5th: Redwood Barn

February 19th: Redwood Barn

March 5th: Redwood Barn

March 19th: Redwood Barn

April 2nd: Redwood Barn

April 16th: Redwood Barn

Come Prepared!

Bring a comfortable cushion or camp chair, water bottle, hat and jacket. The weather will be cool, so dress warm and prepare for being outdoors in nature!

**CACHE CREEK
NATURE
PRESERVE**

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🌐 www.cachecreekconservancy.org

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Cache Creek
Conservancy



*ADULTS AND ELDERS ONLY