

MINDFULNESS

In Nature

WITH MARY PEREZ, LMFT

No Registration Required!*

Thursdays 10:00AM-11:30AM

May 7th: Amphitheater

May 21st: Amphitheater

June 4th: Amphitheater

June 18th: Amphitheater

July 2nd: Amphitheater

July 16th: Amphitheater

Come Prepared!

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

**CACHE CREEK
NATURE
PRESERVE**

📍 34199 Co Rd 20, Woodland, CA 95695

☎ (530) 661-1070

🌐 www.cachecreekconservancy.org

✉ Email: info@cachecreekconservancy.org



*ADULTS AND ELDERS ONLY