

MINDFULNESS

In Nature

WITH MARY PEREZ, LMFT

No Registration Required!*

Thursdays 10:30AM-12:00PM

July 23rd :TGG Ramada

August 13th: TGG Ramada

August 27th: TGG Ramada

September 10th: TGG Ramada

September 24th: TGG Ramada

October 8th: TGG Ramada

Come Prepared!

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

**CACHE CREEK
NATURE
PRESERVE**

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***ADULTS AND ELDERS ONLY**