MINDFULNESS
In Nature

WITH MARY PEREZ, LMFT

No Registration Required!*

Thursdays 11:00AM-12:30PM

October 22nd : Amphitheater

November 5th: Amphitheater

November 19th: Amphitheater

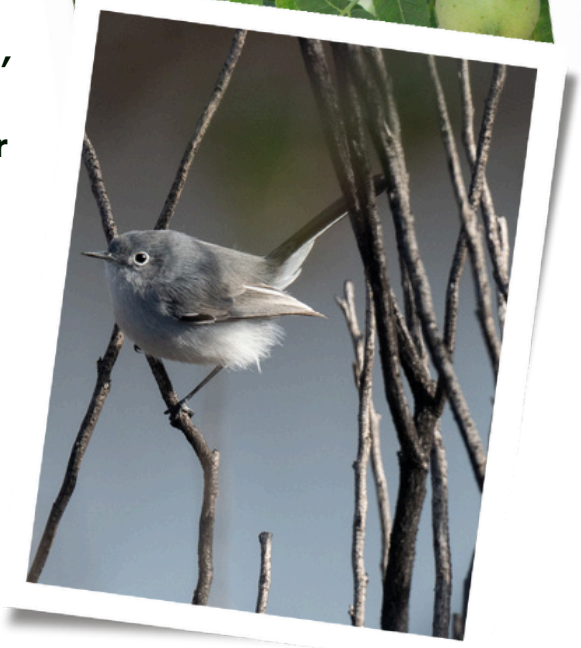
December 10th: Amphitheater

December 17th: Amphitheater

January 7th: Amphitheater







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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*ADULTS AND ELDERS ONLY