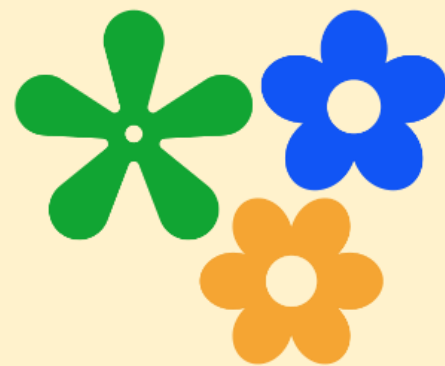


MULTI-GEN MINDFULNESS



- ✿ Visit with loved ones near and far in fun, interactive ways.
- ✿ Connect with grandchildren, friends, and relatives of all ages.
- ✿ LAUGH and LEARN together!

~ Activities ~

~ Games ~

~ Movement ~

30-60 minute classes

online ZOOM meeting

Single or multi sessions available

Mindfulness helps

- ✓ increase well-being
- ✓ improve focus
- ✓ build resiliency

for life's ups and downs.

CALL NOW!

- ~ To schedule your own class ...
- ~ Personalized for YOUR group!

HOLLY CLUFF

520-955-1604

Mindful Matters
beingmindfulmatters.org