

MINDFULNESS IN THE GARDEN

**MAY 11TH:
MINDFULNESS &
SUSTAINABILITY**

Come join us for sensory-focused mindfulness activities.

**JUNE 8TH:
WHAT LENS AM I
USING**

Connect with the beauty & power of nature in community, & take action to create a healthier & happier world.

**JULY 13TH:
FINDING PEACE**

Attend all 4 sessions, or as many as possible for you.

**AUGUST 10TH:
MINDFUL EATING**

9-10 am at Grow To Share Gardens
Hoffman Park
547 Hanson Drive, River Falls WI 54022



Free!
Register Here:

