



## **Practicing Mindfulness Senior Group**

A group for seniors who would like to connect with other seniors and learn what mindfulness is, how it can enrich your life, and practice it together in a relaxed and supportive environment.

**Tuesdays: 10:00 am-11:30 am (Starting April 24, 2018)**

**Location: St. Luke's Episcopal Church, Prescott**

**To Register: Please call 928-445-5211, ext. 2672**

**Brought to you by the Senior Peer Program of  
West Yavapai Guidance Clinic,**

**Focused on the health and wellness of persons over  
the age of 60.**

**[www.seniorpeerprogram.org](http://www.seniorpeerprogram.org)**