

## **Practicing Mindfulness Class**

A class 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.

**Fridays: 10:00 am-11:30 am,  
February 15<sup>th</sup> – March 29<sup>th</sup>**

**Location: Prescott**

**For location information and registration call:  
928-445-5211 ext. 2605**

**Brought to you by the Senior Peer Program of  
West Yavapai Guidance Clinic,  
[www.seniorpeerprogram.org](http://www.seniorpeerprogram.org)**