

Mindfulness & Meditation 2024 Schedule

OPEN TO ANYONE | BEGINNER FRIENDLY

February - Self-Love

Feb 7th - Inner Child

Feb 14th - Loving Yourself

Feb 21st - Self Compassion

Feb 28th - Self Love Affirmations

March - Stress Relief & Emotional Well-Being

March 6th - Anxiety Relief

March 13th - Dealing with Anger

March 20th - Dealing with Rejection

March 27th - Emotional Resilience

*Join alone or invite a friend for the experience
of guided mindfulness & meditation.*

*Free virtual class every Wednesday
5-530 Mountain Time.*



Visit

*BeWellCounselingCO.com
to learn more and join!*

