

MINDFUL HEALING COUNSELING

WINTER SELFCARE WORKSHOP

WINDSOR RECREATION CENTER

Managing Holiday Stress and Winter Blues

Strategies and coping skills for reducing holiday stress. Stay grounded, balanced and connected.

1:30 pm | Saturday, **2nd**
3:00 pm | December

Raffle gifts and fun included!

SCAN QR
TO
SIGN UP



CARMEN.GREGGS2830@OUTLOOK.COM
250 11TH ST, WINDSOR, CO 80550
MATERIALS AND REFRESHMENTS WILL BE
PROVIDED