



Women's Group

We'll talk hot topics and have open discussions while doing hands-on activities to enhance our learning and bonding experience.

Mindfulness | Positive Affirmations | Self Love
Gratitude | Coping Skills | Grounding

Mondays 2 to 3 p.m.

Facilitated by
Jaimie

Questions?
Call 520-694-1234

Location
Whole Health Clinic
535 N. Wilmot Rd.
Suite 201

Insurance
Attendees must have
AHCCCS insurance