



# 8-WEEK MINDFULNESS GROUP

For stress management & well-being

## WHO:

Open to individuals with all levels of mindfulness experience!

## WHERE:

In-person - 1400 South Colorado Blvd, 3rd Floor Amenity Center, Denver, CO

\* Note that this is a closed group - please make sure you are able to commit to the full 8 weeks before enrolling.

## WHEN:

Fridays @ 12-1:30pm MST  
March 22 - May 17  
(no meeting on April 26)

Includes a half-day retreat on Saturday, May 11th @ 9am-1pm

## WHAT (SESSION TOPICS):

- Mindfulness practice & skill-building
- Self-compassion
- Values exploration
- Planning for behavior change
- Stress management
- & more!

**Group Cost: \$250**


**Co-led by  
Zane Freeman & Caitlyn Wilson**

SCAN HERE

OR CONTACT DR. NICOLE CROSS TO REGISTER



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