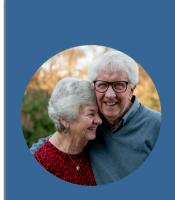
### EMPACT-SPC, A RESILIENT ARIZONA PROVIDER, PRESENTS

# STRESS RELIEF AND SUPPORT FOR SENIORS

FREE Online Groups | January 2021



## MINDFULNESS GROUP FOR SENIORS

Fridays, 10AM-11AM January 8, 15, 22, 29

Connect with peers, build your resilience, and experience ways to relax.



## **CHAT CIRCLE FOR SENIORS**

Wednesdays, 10AM-11AM Jan 13, 20, 27, Feb 3 CALL TO REGISTER

CLICK TO REGISTER

Connect with other seniors, get support from peers and a professional facilitator. Limited to 8 people.

#### **Got Questions? Need Assistance Registering?**

Contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org.

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