

**IMPACT-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

**CLICK TO
REGISTER**



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**



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.