

Beating the Winter Blues in Challenging Times

Thursday, January 28th,
6:00pm-7:30pm

Feeling challenged by Covid restrictions or cold days and long nights? Feeling stressed, isolated, lonely or anxious? Coping strategies seem frayed?

NAMI Chaffee County is offering a free seminar on ways to improve your mood and strengthen your mental health during trying times. The Zoom course will focus on the beauty and restorative power of nature. Participants will learn:

- Techniques to bring relaxation, stress relief and a sense of connection
- Research supporting nature as a healing force
- Restorative exercises using natural photos, sounds and visualizations



Course facilitator, Jody Bol, an Organizational Development consultant has provided training to corporations, NGOS and nonprofits for over 30 years and has been a meditation teacher since 1995. Her photographs have appeared in Southwest Fly Fishing and have won many firsts in local competitions.

Pre-register by emailing info@namichaffee.org or calling or texting
970-823-4751. Enrollment will be capped at 15.

Don't miss out.