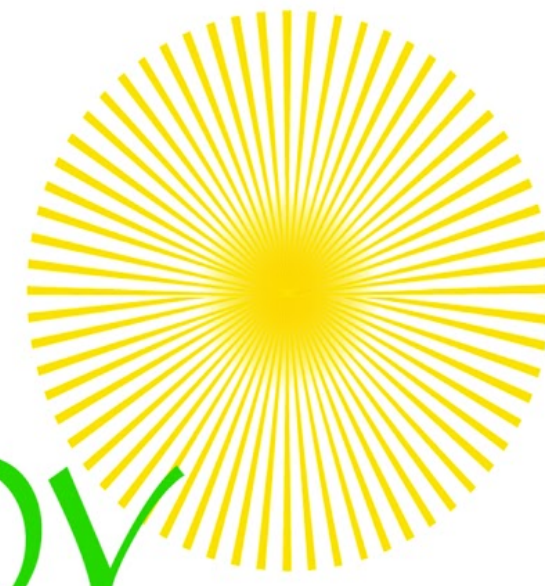


Awakening Joy



Tuesday, April 27th,
6:00pm-7:30pm

Looking for more joy in your life?
Would you like tools to help you stay joyful during these unique times?

NAMI Chaffee County is offering a free seminar on ways to cultivate joy, happiness and well-being. In this online seminar, we will explore how to look for joy and pleasant moments. With mindful attention, learn to cultivate healthy intentions, gratitude and loving-kindness for yourself. Learn tools to keep you buoyant during difficult times.

Join us for a journey of fun, ease and joy.

Register at: <https://namichaffee.org>, NAMI Chaffee County Facebook Page,
Via email info@namichaffee.org or call 970-823-4751



Course facilitator, Cindy Sasso, has been practicing meditation since 1971 and teaches awakening joy and mindfulness meditation. She has been a student of James Baraz, founder of Awakening Joy, since 2007 and is one of the mentors for his Awakening Joy program. Cindy enjoys walking, cooking and making joy with music.

 **NAMI** Chaffee County, CO
National Alliance on Mental Illness