

JOIN US!
Support and
Education for
Anyone Touched
by Cancer



Meditative Walks for the Seasons of Life

Cancer has a way of stopping us in our tracks—physically, emotionally, and spiritually. Meditative walking can help to restore a sense of vitality and connection to our bodies and ourselves. Join us for a meditative walk, where we will combine gentle movement and self-reflection to help you on your path to recovery. The session will draw on the wisdom of nature's four seasons to guide us toward healing and growth. Group size is limited.

Date & Time: Thursday, July 14th from 8:30 – 9:30am

Location: Denver Botanic Gardens at 1007 York St. in Denver

To register, please contact Robyn Tibert, LCSW at (303) 730-4715.



All groups are offered virtually through Zoom.
Visit our website for a full listing.

