

ENVISION GOOD HEALTH With Holistic Wellness in Mind

Sat., October 19th
10 am to 2 pm
@ the Pines Ranch
379 Chalice Rd.,
Westcliffe, CO



Envision Good Health October 19th Mental Health & Spirituality:

Yoga and exercise instruction for relaxation and calming the nervous system, Meditation, Nutritional aspects of mental health with cooking demo, kids activities, Physician presentation about mental health resources & More

FREE



The
**PINES
RANCH**
Restoring Mind, Body and Spirit since 1885

The Pines Ranch Host, Rosi Blaesius Event Organizer hold holistic wellness events at the Ranch. The Pines Ranch sponsors educational & informational community wellness events, they are a non-profit organization with the mission and purpose to conserve and cultivate rest and healing.



West Custer County Library District
209 Main Street
Westcliffe, Colorado 81252 | (719) 783-9138
<https://www.westcusterlibrary.org/>