Searching for meaning, gratitude, and being present in the moment? Want to decrease stress and other negative emotions? Love working with plants?

Join the Aging Clinic of the Rockies in their first-ever gardening group!

**When & Where?**
6 weeks in length, starting Monday 10/29, 3:30-5:00pm. Located at the Aging Clinic of the Rockies. **There will be a concurrent art group for your care-receiver!**

**Cost:** 6 group sessions for you and your care receiver for $90 total or the use of one caregiver grant session (no cost to you!).

**Why?**
Gardening-based interventions can increase positive experiences and abilities while decreasing negative experiences. We will use compassionate group work and a weekly theme as we work directly with plants.

**How?**
To learn more, contact ACoR 970-491-6795 to be added to the list. Jaime Ascencio, MS will contact you in early October for a screening.