

Sat Oct 19 | 1:30PM

Bear Valley Library 5171 W Dartmouth



GCP

GLOBAL COHERENCE PROJECT

Globalcoherenceproject.org

The 501c3 nonprofit, The Global Coherence Project is offering a FREE workshop, teaching science-based stress management that can be achieved in just five minutes, and all you have to do is press play! This is great for all ages, and is always encouraged for parents and teachers to attend, as we are active in DPS schools! Hosted by Kendra Wilson, President of GCP, and consciousness and neuroscience expert! Light refreshments provided!

RSVP via text or email: 719-310-7316,
kendra@globalcoherenceproject.org