

# Day of Mindfulness

## For Fathers & Male Caregivers

Friday, July 29th 10am-2:30pm, Barnstable Land Trust

Explore your own fatherhood legacy, and practice mindfulness with other local men.

All are welcome regardless of experience with mindfulness practice.  
Registration required.



For more information & to register visit:  
[www.CalmerChoice.org](http://www.CalmerChoice.org)

