

Join our

**SAFE SPACE  
FOR EVERYONE**

# Mindful *Walking Group*

Meet at the designated location at 5:30PM

The first 15 minutes will include  
a mindful, light stretch

**Wednesdays:  
June 3  
June 10  
June 17  
June 24**

For survivors age 18+  
Bring a friend!

**RVSP to receive location details:**  
[JessicaM@ResilienceMI.org](mailto:JessicaM@ResilienceMI.org)

**RESILIENCE**  
ADVOCATES FOR ENDING VIOLENCE™