



Cultivating Calm

Mindfulness for farmers and ranchers

Saturday, Oct. 3rd at 3-4:30pm
Gather at Mesa Verde Lavender,
32471 Co Rd M, Mancos, CO 81328
Registration <https://col.st/c3cc0>

Enjoy tea, mindful breathing, creating a lavender product to take home and time with other farmers and ranchers just like you.

Questions?

Reach out to Emily Lockard with
CSU Extension in Montezuma County
970-570-5497 or Emily.Lockard@colostate.edu

