Mindfulness-Based Nature Journaling with Elizabeth Higgins

Join us from 1-2 PM on Mondays in November!

- Cost for the class is $20, which covers the entire four-part series
- Participants are expected to attend all four sessions (held via Zoom on November 2, 9, 16, 23)
- Register online at [https://beav.es/oQk](https://beav.es/oQk)
- Questions? Email Alice Phillips: alice.phillips@oregonstate.edu

Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran’s status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)