



Banner
University Medical Center

Women's Group

Fridays, 11 a.m.-12:30 p.m.

Facilitated by Gianna



We'll talk hot topics and have open discussions while doing hands-on activities to enhance our learning and bonding experience.

Mindfulness • Positive Affirmations • Self Love

Gratitude • Coping Skills • Grounding

This group is exclusively for AHCCCS members.

Whole Health Clinic 535 N. Wilmot Rd. Suite 201



Scan the QR code to visit our website

