



Organize to Calm

Bullet Journal Workshop

Do you feel unorganized or overwhelmed in your life? Do you have lots of to-do lists floating around? Learn how to use the bullet journal system to organize your life and find calm. Keeping a bullet journal will not only keep you organized, but will bring mindfulness and creativity into your day.

You will get your own notebook and pen and all materials will be provided, so you can create your own unique bullet journal. If you have a favorite pen or notebook, feel free to bring them along.

TUESDAY, MARCH 20
6:00 - 8:00 P.M.

*At Wholeness Center:
2620 E. Prospect Fort Collins*

Investment = \$60
Register by 3/14 at
www.fortcollinsbiofeedback.com
or call 970-690-2153

