



Meet Dr. Tara

Mini-MBSR RETREAT

Discover the Best Tools for Stress Reduction
with a Mini-Retreat in Coconut Creek, Florida!

Join us in this empowering 4 hours with 2x Cancer Thriver - Gina Jackson and Women's Wellness Expert - Dr. Tara Solomon. Register now using the QR code below! \$25 registration fee. Only 25 spots available.



Meet Gina

Saturday, Feb. 8, 2025

9 AM – 1 PM EST

3850 Coconut Creek Pkwy Ste 3A,
Coconut Creek, FL 33066



Register now using the QR code or visit
www.mindstream.me/classes-registration

All you need to bring is your “beginner’s mind,” a blanket, and wear breathable clothing!
A tea + healthy snack bar and supplies are included.

Any questions? Contact the instructor, Gina Jackson
gina@ginajackson.org