



Optimist
INTERNATIONAL

Colorado – Wyoming
District

Connecting With Optimism

2023-24 2nd Quarter Conference
“Creating a Healthy Mind”

Saturday, February 24

8:15AM - 3:45PM

\$40 per person / Late registration \$50 after February 15

Assistance League of Denver

6265 E. Evans Ave, Suite 15

Denver CO 80222

(Enter conference from rear of building)

Register at OptimistCOWY.org

No Cash or Check Payments

Only members and guests who have registered prior to the conference may attend. No registrations will be accepted on the day of the conference.

Keynote Speaker

Lori Schlotzhauer

MSPT, Mindfulness and Executive/Career Coach

“The Power of Breath”

Also Featuring

Dee Marie

**“Movement and Mindfulness
for Positive Mental Health”**

Nataly Cano

“The Benefits of Journaling”