

Join us for a series of outdoor wellness sessions connecting community, culture, and land.

# JOURNEY with JAKE



When we slow down, we NOTICE. When we notice, we CONNECT.

When we connect

—with ourselves, to our community, and the land—  
we strengthen our health and well-being  
TOGETHER.

SCAN  
HERE



**Monday 9/28**

6:30 am - 8:00 am

Belonging and Community

Kavaḍ/Kushov Cultural Center - Community Garden

**Monday 10/05**

6:30 am - 7:30 am

Being Present Through the Senses

Scottsdale Community Garden: 9000 E Chaparral Rd, Scottsdale, AZ 85256

**Monday 10/12**

6:30 am - 7:30 am

Disconnect to Reconnect

Lehi Wetlands: Intersection of E. Thomas Rd and N. Horne Rd

**Friday 10/16**

6:30 am - 7:30 am

The Land as Teacher

Salt River Cottonwood Wetlands Near McKellips & 101 Freeway

**Monday 10/19**

6:30 am - 8:00 am

Gratitude and Reciprocity

Kavaḍ/Kushov Cultural Center: 1691 N. Longmore Road, Scottsdale AZ 85256



Inspire Our Community To Be Active & Healthy  
Diabetes Prevention Services  
480-362-7320

