



# PITKIN COUNTY SENIOR SERVICES

— REDSTONE —

Aging Well in Our Community

# Redstone Senior Days

At the Redstone Inn

Redstone programs are open to all!

**RSVP: (970) 920-5432**

## APRIL 8 & 29

- **12:00 p.m. – Lunch (\$10)**

*RSVP by noon the Friday prior – space is limited.  
Plated lunch will be served.  
There will be a gluten-free option.*

- **12:45 p.m. – Program**

**April 8: Sound Healing with Danielle Klein**

*Experience a soothing sound journey designed to bring peace, relaxation, and balance to your mind and body. This immersive experience helps release emotional blockages, promote deep rest, and restore harmony within.*

**April 29: Celebrate Trees**

*Bioregional herbalist Sheehan Meagher will lead participants through a sensory experience to connect with the many native trees of the area. This program will be indoors, with an outdoor walk if time & weather allow.*

## WANT TO BE KEPT IN THE LOOP?

Send us your email address:

(970) 920-5432 • [seniors@pitkincounty.com](mailto:seniors@pitkincounty.com)