

JOIN US FOR

# GRATEFUL

*gatherings*

EACH FIRST TUESDAY OF THE MONTH

NO COST EVENT - DONATIONS ARE APPRECIATED!



Experience and share the power  
of living gratefully.

**Hosted By:**

**Valeria Chow** - Life Coach, Certified Facilitator

Bring gratitude to life through engaged mindfulness, rooted in wisdom and science. This practice helps us see wonder in every moment and motivates us to act with love, generosity, and respect for ourselves, others, and the Earth.

Join Grateful Gatherings to explore grateful living with other like-minded community members both in person and online. Learn more at [Grateful.org](http://Grateful.org), a global organization offering educational programs and practices that inspire grateful living and personal and societal transformation.

**IN-PERSON AND ON ZOOM**

**FIRST TUESDAY | 9:30 AM - 11:00 AM**

**No Cost Event - Donations are appreciated!**

**REGISTER  
ONLINE**



Register online or contact José at 310-377-4867 ext. 250, [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org)

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