



**Contact information**

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*ALMA:*  
*soulful*  
*wholeheartedness*



*ALMA*  
*Wellness*

Promoting holistic health on the southern border of Cochise County, AZ through education, healing practices, support and kindness

## For whom

All are welcome to  
participate in programs.

No fees are charged.

Donations gratefully accepted

### 501 c 3:

*We Are One Family/*

*Somos La Misma Familia*



## ALMA Services

- \* information and referrals
- healthy living classes
- fitness and exercises
- well woman services
- healthy cooking and gardening classes
- mind-body-spirit support groups
- massage, body energy work,
- Language learning
- immigration services
- youth leadership

### Staff

Sr. Mary Rose Obholz, CSA,

Sr. Marilyn Bever, CSA

## Partners



Local school districts

Naco Elementary School

Sisters of St. Agnes

Cochise County Public Health

Cochise Extension Services

Chiricahua Clinics