



Riordan
Clinic

MINDFULNESS ACTIVITIES

ARTS

Paint Glaze & Fire - Paint Believe Big Mugs
12683 Metcalf Ave, Overland Park KS
www.paintglazeandfire.net/believe-mugs
913.661.2529

Ceramic Cafe - Paint Believe Big Mugs
9510 Nall Ave, Overland Park KS
www.ceramiccafekc.com
913.383.0222

Pinot's Palette Paint & Sip - Painting
4817 W 117th St, Leawood KS
www.pinotspalette.com/leawood
913.451.7466

Nerman Museum of Contemporary Art
12345 College Blvd. Overland Park KS
www.nermanmuseum.org
913.469.3000

Nelson Atkins Museum of Art
4525 Oak St, Kansas City MO
www.nelson-atkins.org
816.751.1278

Kemper Museum of Contemporary Art
4420 Warwick Blvd, Kansas City MO
www.kemperart.org
816.753.5784

American Jazz Museum
1616 E 18th St, Kansas City MO
www.americanjazzmuseum.org
816.474.8463

Museum at Prairiefire
5801 W 135th St, Overland Park KS
www.visitthemap.org
913.333.3500

BODY

Relief Bodyworks (Laura Monteiro) - Lymphatic Massage
10560 Barkley St #335, Overland Park KS
www.reliefbodyworks.com
913.485.7990

Rellivium Therapeutic Touch Studio - Lymphatic Massage
7235 Central St, Kansas City MO
www.rellivium.com
816.343.8337

Darling Yoga
11711 College Blvd, Overland Park KS
www.darlingyoga.com
913.291.2886

AdventHealth Whole Health Institute - Massage Therapy
7840 W 165th St Suite 100, Overland Park KS
913.632.3550

RECREATION

Overland Park Arboretum & Botanical Gardens
8909 W 179th St, Bucyrus KS
913.685.3604
www.opkansas.org/recreation-fun/arboretum-botanical-gardens/

S&S Stables Horseback Riding
25081 Orleans Rd, Paola KS
913.856.5570
www.ssstables.com

Horses and Heroes: Equine Therapy for Veterans and First Responders
6715 Mize Rd, Shawnee KS
913.210.5678
www.horsesandheroes.org

Deanna Rose Children's Farmstead
13800 Switzer Rd, Overland Park KS
913.897.2360
www.opkansas.org/recreation-fun/deanna-rose-childrens-farmstead/

Kansas City Zoo
6800 Zoo Dr, Kansas City MO
816.595.1234

Top Golf
10611 Nall Ave, Overland Park KS
913.562.9713
www.topgolf.com/us/overland-park

Pinstripes
13500 Nall Ave, Overland Park KS
913.681.2255

Shawnee Mission Park (1,600+ acres with trails, pond, canoeing, dog park, etc)
7900 Renner Rd Lenexa KS

Thomas S. Stoll Memorial Park (80 acres with trails, picnic areas, small pond, dog park)
12500 W 119th St, Overland Park KS

South Lake Park (14 acre community park, playground, small pond)
7601 W. 86th St, Overland Park KS

Chicken N Pickle
5901 W 135th St, Overland Park KS
913.703.5950



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OVERLAND PARK, KANSAS | 6300 W 143rd Street, Suite #205 | 913-745-4757 | RIORDANCLINIC.ORG



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MINDFULNESS ACTIVITIES

SHOPPING

Oak Park Mall

11149 W 95th St, Overland Park KS
913.888.4400
www.thenewoakparkmall.com

Town Center Plaza

5000 W 119th St, Leawood KS
913.498.1111
www.towncenterplaza.com

Country Club Plaza

4706 Broadway Blvd, Kansas City, MO
816.753.0100
www.countryclubplaza.com

FARMERS MARKET

Blackbob Park Farmers Market - Blackbob Park
14500 W 151st St, Olathe KS 66062
Saturdays from April 24 - Oct 23 7:30am until items are sold

Overland Park Farmers Market

7950 Marty St, Overland Park KS
Saturdays from April 16 - Oct 7:30am - 1:00pm

RESTAURANTS

Bibibop Asian Grill (100% Gluten Free)
6455 W 135th St, Overland Park KS
913.602.8156

Cultivare Greens & Grains

13366 Metcalf Ave, Overland Park KS
913.291.0051

Enjoy Pure Food

10573 Mission Rd, Leawood KS
913.544.1515

Protein House

6801 W 135th St, Overland Park KS
913.261.9271

Tropical Smoothie Cafe

15933 Antioch Rd, Overland Park KS
913.777.4434

The Mixx

11942 Roe Ave, Overland Park KS
913.338.4000

Gigi's Vegan + Wellness Cafe

1103 Westport Road, Kansas City, MO
816.605.1819

Twisted Fresh

8905 W 135th St, Overland Park KS
913.766.1065

Unforked

7337 W 119th St, Overland Park KS
913.661.9887

Blue Bird Bistro

1700 Summit St, Kansas City MO
816.221.7559

Cafe Gratitude

333 Southwest Blvd, Kansas City MO
816.474.5683

True Food Kitchen

4749 Pennsylvania Ave, Kansas City MO
816.931.4947

Unbakery and Juicery

634 E 63rd St, Kansas City MO
816.237.1128

FOOD/NUTRITION

Natural Grocers

9108 Metcalf Ave, Overland Park KS
913.385.2000

Sprouts Farmers Market

6821 W 135th St, Overland Park KS
913.643.4190

Whole Foods

6621 W 119th St, Overland Park KS
913.663.2951

AdventHealth Whole Health Institute Culinary Genomics Program

7840 W 165th St Suite 100, Overland Park KS
913.632.3550



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