

Give yourself the promise...



...of Natural Healing and Self-Care!

Mindfulness Based Self Care (MBSC)©

Eight Group Sessions -- \$90

Thursday 6 - 7:30 PM

(January 8, 15, 22, 29, February 5, 12, 19, 26)

Physicians Care - 805 Montague Avenue, Ste

THE ART OF BEING MINDFUL

...finding peace in a stressed out world

Mindfulness Meditation opens your door to self-care.

Self-care is your path to wellness and wholeness.

Mindfulness is the natural state of living moment by moment
empowering balance of mind, body, and spirit...supporting your body's ability to heal

Presented by...

Nurse Navigators 4 Integrative Healing

www.nursenavigators4integrativehealing.org

Sponsored by...

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www.gwdpc.com

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