

# Give yourself the promise...



## ...of Natural Healing and Self-Care!

### **Mindfulness Based Self Care (MBSC)©**

Eight Group Sessions -- \$95

Tuesdays 6 - 7:30 PM

(Sept 8, 15, 22, 29, Oct 6, 13, 20, 27)

Physicians Care - 805 Montague Avenue

### ***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***

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