

Take time for YOU!

It's about ME!

Health Matters in Mind, Body, and Spirit!

Exploring Mindfulness Meditation

You will explore and experience:

- ❖ Spiritual aspects of mindfulness practices
- ❖ Variety of mindful meditation techniques
- ❖ Ways to enhance a mindful practice
- ❖ Building support for practices
- ❖ Native American fire ceremony

...and gain self-care tools for yourself and your patients

**Judy's Eagles Harbor
Home Retreat**

\$95

September 24, 2016

9 AM - 4:30 PM

7 CEs

To register contact Barbara Warner

barbara@nursenavigators4integrativehealing.org

Questions? Call 678-427-1404