

Give yourself the promise...



...of Freedom from Stress,
Natural Healing, and Self-Care!

Mindfulness Based Self Care (MBSC)©

Eight Group Sessions -- \$110

Thursdays 6 - 7:30 PM

(October 5, 12, 19, 26, November 2, 9, 16, 30)

Uptown at **Main & Maxwell**

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
to bring balance of mind, body, and spirit...

supporting your body's ability to heal as well as your relationships!

To register call or email:

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