



Nurture “ONGOING Self-Care” as you develop and integrate your internal resources

Date: 1st Monday of the month, unless a holiday, starting Dec. 3rd

Time: 4 pm – 5:30 pm

Place: HOLISTIC WELLNESS ENRICHMENT CENTER

Cost: \$35 session, 1 week notice **or** SignUp in advance for 5 -10 sessions for the Discounted Rate of \$20 per session, \$100 for 5 or \$200 for 10 sessions

Facilitator: Marilyn Spenadel, LCPC, ACS * (240) 426-8344

RSVP by the last week in every month at mspenadel@comcast.net

Practice Holistic techniques to daily ease your mind & body

- Create and practice your daily “Resiliency Routine”© to enhance your wellness and relationships (**Learn deep breathing skills, visualization, and EFT/Tapping**)
- Join monthly group meetings for support and to strengthen peace from within
- Practice mindfulness trainings to enhance all your connections (**POD Technique**)
- (**AIT Technique**) to let go of Epigenetic Trauma, triggers, anxiety, or phobias
- Mindfulness Meditation helps everyone engage and enhance wellness
- Learn about Resiliency Hygiene and ways to have a perception that helps you
- Let your heart and light shine to inspire yourself, others, and the bigger picture

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HOLISTIC WELLNESS ENRICHMENT CENTER

Authentically U Counseling, LLC - “*Healing Connections*”

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