

Wellness Workshop

presented by Joree Rosenblatt, MA, LMFT

Sunday May 21, 1-5pm

~ Decrease Your Stress, Increase Your Overall Health ~

During this **4-hour experiential workshop** you will:

- learn how chronic stress and anxiety can affect your health on a cellular level and how to slow the aging process
- develop tools to respond more skillfully to what triggers you
- understand the health benefits of developing a deeper connection to your breath to help cultivate an inner place of calm and peace
- cultivate tools to be in the present moment, rather than ruminating over the past or fearing the future
- foster greater personal and interpersonal awareness, allowing for increased communication and relational satisfaction
- identify how to get unstuck from what is holding you back to being your optimal, authentic self

Location: The Bay Area Mindfulness and Therapy Center • 50 Oak Ct., Suite 105 • Danville

Date & Time: Sunday, May 21, 1-5pm

Cost: \$199

RSVP: Space is very limited!! Pre-registration is required! Email Joree to hold your spot: joree@comcast.net or register at: www.mindfulnessandtherapycenter.com/event



Therapist, #93545. Through her extensive training in mindfulness, Joree guides her clients in the cultivation of a mindfulness practice to help bring them to greater peace, joy, and authenticity, all the while learning tools to live in the present moment to help maintain a stress and anxiety-free life. Joree has created original curriculum for her mindfulness classes and workshops, is a published author and has spoken at many local and national conferences on the implementation and maintenance a mindfulness practice. Joree also works individually and with couples in how to navigate difficult transitions in their lives, parenting struggles, relationship enhancement and divorce support.

Joree Rosenblatt, founder of the Bay Area Mindfulness and Therapy Center, has a Master's in Counseling Psychology and is a Licensed Marriage and Family

Joree Rosenblatt, MA, LMFT ☎ www.mindfulnessandtherapycenter.com ☎ 925-212-2996