



PRESENTS



As a physician, Dr. Epstein is passionate about helping his patients find authentic and lasting healing.

As a speaker and teacher, Dr. Epstein appears worldwide to help those seeking healing find the right "healing soup" to effectively address their concerns.

The Healing Power of Mindfulness

An Evening of Integrating Mindfulness and Mind-Body
Medicine in Health and Healing
with Dr Paul Epstein ND

In this talk and experiential workshop we'll discuss the healing power of mindfulness, stress and the mind-body connection, how biography becomes biology, explore the meaning message and opportunity of stress, pain and illness and the how and why of integrating healing and curing.

Participants will learn about cultivating resilience and the effectiveness of mindfulness and mind-body therapies for people with a wide range of health concerns, symptoms and diseases and supporting the journey of self healing and awakening. We'll touch on the latest in neuroplasticity and epigenetics.

**Serenity is not freedom from the storm
it is peace amidst the storm**

WHEN

Thursday June 19th -- 6:30pm

WHERE

Catch A Healthy Habit Cafe
39 Unquowa Rd Fairfield

INVESTMENT in YOUR HEALTH

\$15

includes a copy of
"Happiness Through Meditation"

REGISTER

call Cafe 203 292 8190 or online at
www.catchahealthyhabit.com/events

