

Self-Care Day Retreat

for Helping & Wellness Professionals

*Open to all people working in the helping or wellness professions
Come and experience a mini-retreat that is about **your** wellness!*

When: Saturday, March 15, 2014, 11:00am-4:00pm

Where: The Yoga Room, 815 Youngstown-Warren Rd., #13, Niles, OH 44446

Cost: A bag of non-perishable food items for Second Harvest Food Bank
(*You may choose to give a cash donation to Second Harvest*)

11:00am-12:15pm

Gentle Yoga Class:
Maureen Lauer-Gatta, E-RYT-500 (Owner of The Yoga Room)

12:15pm-1:00pm

Wellness Luncheon Sponsored by *Mindful Ohio & EOCA*

1:00pm-2:30pm

Panel & Interactive Discussion Featuring Panelists:
Madeline Martin, LICDC-CS, LISW-S (Neil Kennedy Recovery Clinic)
Jessica Sowers (Holistic Health & Wellness Coach)
Tina Saunders, MSN, RN, CNE, GCNS-BC (Kent State University)

2:30pm-4:00pm

Dynamic Mindfulness Practices for Health & Wellness:
*Jamie Marich, Ph.D., LPCC-S, LICDC-CS (Creator of *Dancing Mindfulness*)*

- To reserve your spot (space limited to 24 participants), please email: ramona@mindfulohio.com or call 330-651-2555 (Ramona)
- We may be able to accommodate some walk-ins on the day of the event but lunch may not be guaranteed if not pre-reserved
- Many fantastic wellness prizes will be raffled on the day of the event!

Sponsored by Mindful Ohio, The Yoga Room, & The Eastern Ohio Counseling Association