

2023 Wellness Webinar Series



**Wednesday,
FEBRUARY 15**
Noon - 1:00 p.m.

Hearts and Minds: Mindfulness for Health, Healing, and Stress Reduction

So many of us are feeling overwhelmed and a little lost in the busyness. And yet, this is our one precious life. An effective way of reducing stress and renewing a sense of energy and focus is to combine the logic of mindfulness with some of the more heart-centered meditations, so that our hearts and minds can once again be on the same page. Join mindfulness expert Michelle DuVal, MA, director of The Mindful Center, who will guide you through simple teachings and effective practices you can use anytime, anywhere, to re-center and re-connect.



[REGISTER HERE](https://phs-org-corp.zoom.us/webinar/register/WN_zacvK6U1SDaksaZ535U1PQ) for webinar series.

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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.