



Parkview Center for Healthy Living Introduces:

BUILD RESILIENCE THROUGH MINDFULNESS

2025 Online ZOOM Sessions

Interested in Mindfulness?

Perhaps you are seeking clarity about mindful tools to help re-center & heal following an illness, trauma, or other situations in your life that cause pain, fear, anxiety, anger, confusion, etc.?

Perhaps you are trying to break a bad habit from cigarettes to smart phones to excess sugar?

Mindfulness Can Help You:

- **Practice** gratitude & self-compassion
- **Learn** to be present
- **Change** negative thinking & habits
- **Reduce** stress & over reactivity
- **Invest** in yourself
- **Rediscover** joy & hope
- **Adopt** new ways for health living
- **Find** helpful resources

Join Us! Group Zoom Sessions:

- **FREE!** Registration required.
- **Call 260-266-6500.**
- **4th Wednesday, Monthly, 5 – 5:40 p.m.**
- **Adults Only.**

Educational Topic Each Month:

Mar: Curb Cravings - Breaking Bad Habits
Apr: Negative Self-Talk - Calming the Storm
May: Self-Compassion, Joy, & Happiness
June: Awe - Reverencing Everyday Wonder
July: Grounding Sole - Nature & Healing Practice
Aug: Motion is Lotion - Mindful Movements
Sept: People Stress - Building Loving Relationships
Oct: Sleep & Rest - Restoring You

About the Teacher: Dr. Dave Johnson, PhD, is a certified holistic nurse, professional mindfulness instructor, & a licensed mental health practitioner with years of experience in mental health counseling.

Not sure about online, group practice, or just have a specific question for Dr. Dave about mindfulness, self-care, or healthy living? **Schedule a FREE phone consultation. Call 260-266-6500.**