



# Mindfully Enjoying the Holidays

with Dr. Jennifer Medina

Rocky Mountain Neurobehavioral Associates

Saturday, November 17, 2018

10am-12pm

3333 S. Bannock St. Wells Fargo Building,  
Englewood, CO 80110

The holiday season can be tense and stressful and sometimes regular challenges seem impossible. This workshop is designed to provide participants with mindful and body-centered strategies to appreciate and enjoy the holiday season. Increase your gratitude, contentment, sense of calm, and cultivate an attitude of joy!

## Please join us to learn Exercises and Strategies to:

- Use **mindful living** practices to enjoy and celebrate the holidays
- Reinforce **self-care habits** to promote wellness in body and mind when experiencing the inherent challenges of this time of year
- Stay **present in the moment** to appreciate the spirit of the season
- **Practice gratitude** to cultivate joy with family and friends

## Register

\$35 per person – Space is limited!

Online: <http://squareup.com/store/register-medina>

Call: 720-907-0420

Email: [DrMedina@mountainneuro.com](mailto:DrMedina@mountainneuro.com)

**Jennifer Medina, Ph.D.** is a clinical neuropsychologist and owner of the Rocky Mountain Neurobehavioral Associates. She specializes in cognitive assessment, psychotherapy, and mindfulness based wellness programs. Dr. Medina received her Ph.D. in clinical psychology with a specialization in neuropsychology from Northwestern University's Feinberg School of Medicine. She has a passion for using mindfulness in her personal life and professional practice and enjoys supporting people with healthy brain strategies to live their best life possible.

