

# Mindful Paths to Wellness

Community Presentation by Jerry Braza, PhD

With Introduction by Dr. Rob Downey, SPH Functional Medicine Clinic

Friday, September 23, 5:30-7:30pm

Kachemak Bay Campus, 533 E. Pioneer Ave, Pioneer Hall, Rm 202

Event by donation



Food Provided

Did you know that practicing mindfulness improves both mental and physical health? \*

Mindful Paths to Wellness includes:

- Mind body well-being
- Anatomy of the present moment
- Mindful coping strategies

\* *Positive Psychology: Harnessing the Power of Happiness, Personal Strength, and Mindfulness*, a special health report published by Harvard Health Publications.

**Mindfulness** is the quality of being aware of what is happening while it is happening, without judgment. See for yourself its beneficial, wholesome impact on physical, emotional, mental, and spiritual wellbeing.

**Support your wellbeing through a mindful path to Wellness!**

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**We are pleased and excited to welcome presenter  
Jerry Braza, PhD**

Jerry has been a leading voice in the field of health education and mindfulness. As a former university professor and author of two books on mindfulness, he brings a variety of practical experience from his work with behavioral health groups, health care organizations and non-profits.

