

An Inspirational Afternoon of Meditation with Diana Shimkus



Mindfulness meditation is an evidence-based practice that offers the greatest means to reducing stress, increasing self-awareness, connecting with our inner capacities for healing, health and well being, improving our immune system and cultivating an increased awareness of the possibilities that exist in the present moment for one's self and in relationship to others.

Come enjoy the benefits of Meditation!

Date: 1st, 2nd, 3rd & 4th Wednesday of every month

Time: 1pm – 2pm

Location: SDCRI's Encinitas location

Facilitator: Diana Shimkus LCSW

Diana Shimkus, LCSW has been teaching MBSR since 1996 and has the highest credential available through UMass Medical Center. She has taught over 60 eight-week mindfulness courses over the last 15 years and continues to study and practice mindfulness in her personal and professional life.

www.everydaymind.com

Mandatory Orientation Class is required for all new SDCRI clients.

Please call 760-536-7679 to sign up, or for more information, please visit our web site:

www.sdcri.org