

An Inspirational Afternoon of Meditation with Diana Shimkus



New location! Starting December 3rd!

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!

Diana is opening her own office to continue the meditation classes, once held at SDCRI. She would like everyone to join her on Wednesday, December 3rd, for mindfulness meditation and a visit to the new location!

Please contact Diana before attending!

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

Time: 1pm – 2pm

Facilitator: Diana Shimkus LCSW

Location: 826 2nd Street, Encinitas 92024

**To sign up and for more information, call 760-310-2920,
or email Diana at diana@everydaymind.com**

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