



*Finding Health  
Through  
Self-Care*

**Saturday, August 4, 9 a.m.–Noon**

Take care of all aspects of yourself: body, mind, and spirit. We'll discuss what good self-care looks like and what gets in the way of making it a practice in our lives.

Led by Mindy Braun—the Wholehearted Health Coach.  
Suggested donation: \$20. Proceeds benefit the Journey Center.  
Register at [www.journeycenter.org](http://www.journeycenter.org) or call (707) 578-2121.

Journey  Center santa rosa

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Everyone Welcome  
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