



April 2017



Peaceful Mind Peaceful Life™

Wellness Series at Boca Raton Regional Hospital

This special series, designed to empower women to live life fully, is being offered at Boca Raton Regional Hospital's Christine E. Lynn Women's Health & Wellness Institute. Under the direction of Barb Schmidt, noted meditation teacher and mindfulness activist, the Peaceful Mind Peaceful Life series features Barb and guest speakers discussing a range of topics that can enhance inner peace, happiness and well-being.



Juli Kagan, ERYT 500

Wednesday, April 5 | 6:00pm – 7:30pm
Where: Lynn Women's Health & Wellness Institute

"Mind Your Posture" with Juli Kagan, ERYT 500

Join Juli Kagan, certified yoga and pilates teacher, for an experiential workshop where you will learn some simple, yet very safe and effective core exercises to provide a lengthened and strengthened spine and ways to enliven your posture.

The lecture will include a Q&A, followed by mat exercises. All levels including complete beginners are welcome. Please bring a yoga mat and wear comfortable clothes.



Barb Schmidt

Wednesday, April 19 | 6:00pm – 7:30pm
Where: Dawson Theater

**"Mindfulness and Concentration Practices for Productivity, Focus and Purpose"
with Barb Schmidt**

In this workshop, you will have the opportunity to try a variety of mindfulness techniques to help increase your focus and boost your productivity. Sometimes a small shift in your daily life can create a ripple of changes. Learn ways to become more efficient in your daily routine and live your life with ease.

Cost: \$15 per session (\$20 at the door per event).

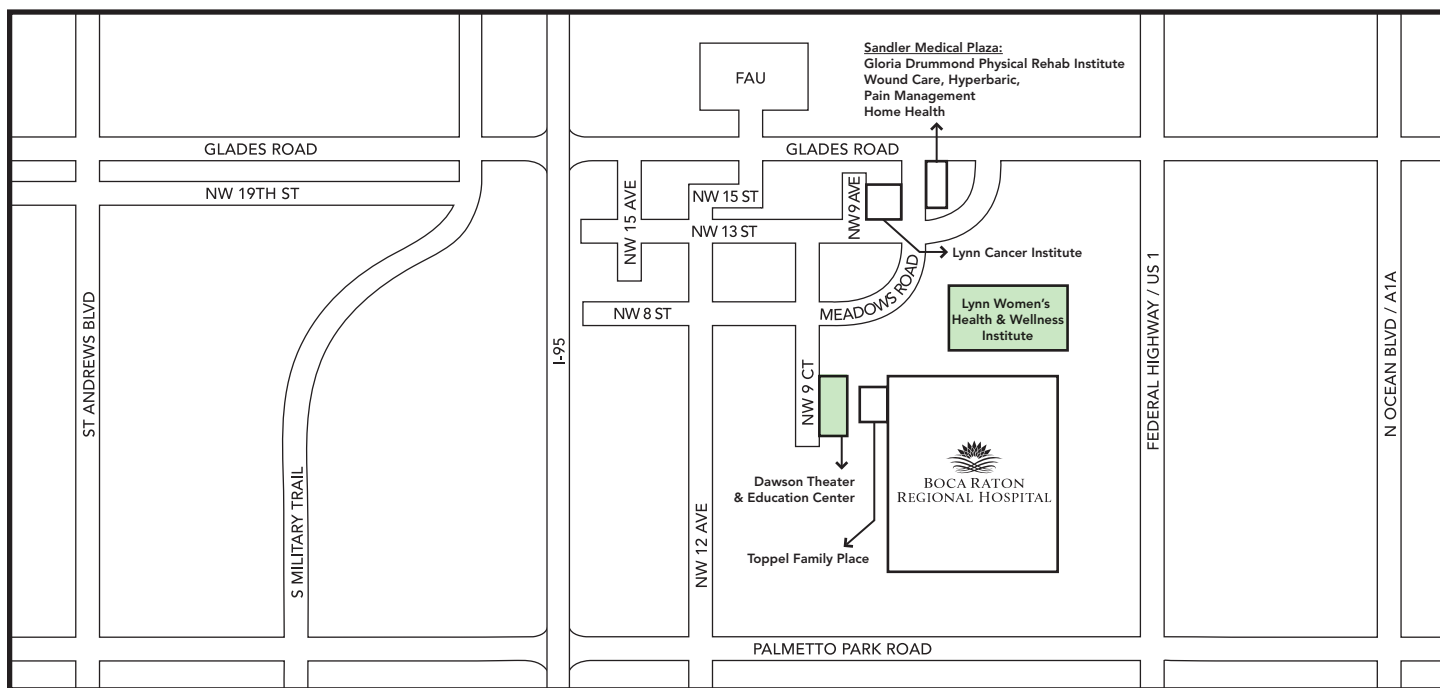
To register or for more information:

Call 561.955.7227 or email WIPrograms@brrh.com.

Registration is required. Seating is limited.



Sponsored by the Phyllis Sandler Center for Living Well at the Lynn Women's Health & Wellness Institute



Location:

Dawson Theater at Boca Raton Regional Hospital

800 Meadows Road, Boca Raton, FL 33486

Lynn Women's Health & Wellness Institute

600 Meadows Road, Boca Raton, FL 33486

Be Present. Be Happy. Be Well.

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**LYNN WOMEN'S HEALTH
& WELLNESS INSTITUTE**