

# MINDFULNESS SERIES: Building Healthy Habits and Daily Routines



**Mondays**  
**February 15th - March 8**  
**5:30pm-6:30pm**  
**Tahoe City**

*Series Cost \$60*  
*Drop In \$20*

**This 4-part workshop series will teach you various mindfulness techniques to help build healthy habits and daily routines around sleep, diet, physical movement/exercise, and getting in touch with your creative flow.**

### *Taught by Justine Nelson*

Justine Nelson is a certified integrative Wellness Coach. She was born and raised in Lake Tahoe and is thankful to call this place home! Her approach to wellness is holistic and integrative. She believes that wellness is created by examining each aspect of life including our mental, emotional, physical, and spiritual being and explore how each one affects the other. Justine's coaching style integrates various mind-body techniques into the coaching sessions to help build self-awareness and create lasting change.



For more information or to register,  
Please call (530) 587-3769  
or email [wellness@tfhd.com](mailto:wellness@tfhd.com)  
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