



Sit with it.



SOLE 2 SOUL

In 2-hours, get an understanding of why we don't...how to do it...and why it is so important for our **mind and body health**...to sit with it.

Learn to...

- Understand your thoughts and how not to personalize them
- Truly be empathetic and present with others
- Use feeling identification within mindfulness practice
- Listen to the feedback your body is giving you

Presenters

Katie Jensen, MSE, LPC / Mental Health Therapist

Tammy Krueger, MSE / Mindfulness Trainer

Kerry Peeters, CHC, CPT / Health Coach and Personal Trainer

When: Thursday February 19th, 6:30-8:30 pm

Cost: \$35, you must register to attend

Contact: info@sole2soulcounseling.com

Where: W5361 County Rd KK, Ste D, Appleton

