

Renew & Relax

A Mindfulness Retreat



This experiential workshop is a time for self-care and relaxation. Manage your stress and learn practices that nurture mind-body health and vitality. Build your resilience and practice mindful awareness to be present in the moment, gain access to your inner resources, and foster your well-being.

Saturday, October 25, 2014

8.30 a.m. to 2 p.m.

Rancho Soñado, Silverado, CA (Orange County)

\$30.00 (includes light breakfast & lunch)

<http://ocde.k12oms.org/1250-89398>

Register: *Advance registration only; no walk-ins on day of the event*
Map & directions will be provided with confirmation.

Presenter: Beth Mulligan, P.A.

Beth is a physician assistant, health educator, and certified instructor in both Mindfulness-Based Stress Reduction (MBSR) and yoga. She teaches and consults at UC Irvine's Samueli Center for Integrative Medicine, Eisenhower Medical Center, and Loma Linda University



Orange County Dept. of Education K-12 Student Mental Health Initiative

For registration questions, please contact Paula Bartlett
714. 966.4427 or pbartlett@ocde.us.



WELLNESS • RECOVERY • RESILIENCE

The California County Superintendents Education Services Association's Regional K-12 Student Mental Health Initiative is administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter-approved Mental Health Services Act (Prop63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.