

## Self-Care for A Healthy Self

**Saturday, May 30**  
**3:00-5:00 p.m.**  
**Berkeley, Calif.**  
**\$40**

In this workshop, we will explore the theme of self-care - what it is, why it's important, and how it relates to addictive behaviors. Focusing on mind, body, and spirit, we will incorporate self-care techniques for the whole self. Special focus will be given to exploring motivation and obstacles to self-care. You will leave knowing what self-care practices you already implement, and some new ideas to try on your own.

**Register Now!**

**Call 510.594.4300**  
**or visit**  
**holisticgardner.com**  
**to reserve your**  
**spot.**

Laura Gardner has a graduate degree in counseling and is a Marriage and Family Therapy intern (#52187) specializing in compulsions and relational issues in Berkeley. She has experience running a women's group, working with teens diverted from the juvenile justice system, and with rape survivors. Laura is a graduate of JFK University's somatic psychology program and is currently working under the supervision of Marsha Hiller, Marriage and Family Therapist (#30216).

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