

**2ND THURSDAY  
BROWN BAG LUNCH SERIES**

Maryland Height Community Ctr  
2300 McKelvey Road  
Maryland Heights, MO 63043  
Noon—1:00 p.m.

Bring your lunch and we'll provide  
drinks and cookies, with your  
RSVP.

To Register online go to [http://  
www.namistl.org/programs-2/2nd-  
thursday-seminars/](http://www.namistl.org/programs-2/2nd-thursday-seminars/)

Or call us at 314-962-4670.



March 14, 2019 - **Stress Relief for Caregivers and Families**

**Speaker:** Vicki Atlas-Israel, CGIP, Author of *Inner Power NOW: Healing Meditations to Reduce Stress and Pain, so Children and Families Thrive*, Best Mindset Coach, Certified in Guided Imagery and a Consultant at SSM Health Cardinal Glennon Children's Hospital, St. Louis.

**Event Description:**

Feel less stress and more calm, while improving your emotional resilience. In this group presentation, you will learn ways to breathe for calm and focus like how the US Navy SEALs are trained. We will experience mindfulness and guided imagery, while connecting to our hearts. Discover mind-body tools that will help families thrive by tapping into your inner power for more bliss and ease.

**About the Presenter:**

As the Author of the upcoming book *Inner Power Now*, Vicki Atlas-Israel is a Certified Guided Imagery Practitioner, Best Mindset Coach, and Media Producer. Organizations hire her to help reduce anxiety and to help their teams, members, patients, and families to gain skills to improve the quality of their lives.

Vicki Atlas Israel's Background and Training Includes:

- Best Mindset Coach and Certified in Guided Imagery, ONE Health Academy of Integrative Medicine.
- Trained with NY Times Best-Selling Author Jack Canfield co-creator of *Chicken Soup for the Soul Series*.™
- Attended advanced meditation training with Dr. Joe Dispenza, Chiropractor, Neuroscience Researcher, Best-selling author of *You Are The Placebo and Becoming Supernatural*
- Studied Mindfulness and meditation with James Baraz, Best-Selling Author of *Awakening Joy*