

Fill Your Mind, Body and Spirit: A Self-Care Series with Lori Chortkoff Hops, Ph.D.



Date: 2 Thursdays, January 22 & 29

Time: 6:30 – 8:30 pm

Location: Cancer Support Community
530 Hampshire Road
Westlake Village, CA 91361

Cost: Free

RSVP: Please RSVP (805) 379-4777

“I want to take better care of myself, but everything else seems to come first”; “I know I need to improve my diet, but it’s hard to make healthy choices”; “Exercise...what’s that??” If this sounds familiar, maybe it’s time to put yourself **FIRST**, and Fill Your Mind, Body and Spirit. This series of two classes is dedicated to you! The first class will highlight your self-care profile, including your needs and desires for self-improvement, obstacles in the way of your goals, and on the spot tips to help turn it around. The second class will focus on a variety of mind/body/spirit based approaches designed to create a better you. Confused about all the choices out there? You will leave with a resource guide describing practices such as Qi Gong, Laughter Yoga, Mindfulness, Energy Psychology, Reiki, and more. Attend one or both classes.

Lori Chortkoff Hops, Ph.D. is a Licensed Psychologist in private practice in Westlake Village. Dr. Hops blends conventional western approaches to mental health with wisdom traditions from around the world, such as Energy Psychology and Reiki.

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www.CancerSupportVvsb.org