NO TIME TO THINK: From Mindlessness to Mindfulness

When we aren't super busy at work, we are crazy busy exercising, shopping, driving, or doing chores. When we do have a free moment, out come our phones to check the news and social media. What makes being idle so uncomfortable for humans? It's because we tend to dwell on problems when left alone, and these negative thoughts reverberate in our heads. But all this busyness is harmful to our mental and physical health and thwarts our ability to empathize, reflect, create, and experience joy. Guest speaker Anne Kertz Kernion will share the latest research and practices that can help us become more mindful and more content.

> Tuesday, February 17, 7-9 a.m. Kearns Spirituality Center 9000 Babcock Boulevard Allison Park, PA 15101

\$30 includes breakfast & presentation Reservations must be paid in advance; limited tickets available at the door To register, call 412-635-5401 by February 6, or visit us online and click the Lenten Breakfast button

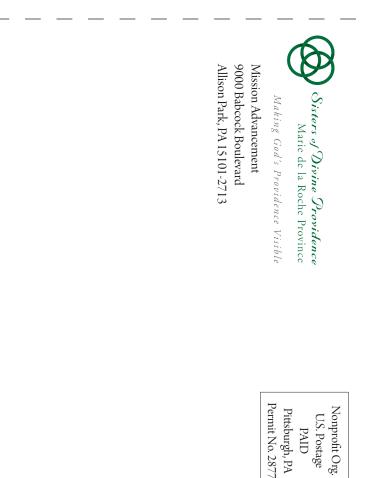


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	No Time to Think:	idence Sixth Annual Lenten Breakfast :: <i>From Mindlessness to Mindfulness</i> Center, February 17, 2015, 7–9 a.m.	
Name	1 /	,	
City, State, Zip			
		Primary Phone	
	No. of tickets	@ \$30 each = \$	
I cannot attend but would like to make a donation of \$			
		Total enclosed: \$	

Make check payable to Sisters of Divine Providence, Mission Advancement, 9000 Babcock Boulevard, Allison Park, PA 15101. Credit card payments are also accepted at cdpsisters.org; just click the *Lenten Breakfast* button.

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