

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 (Cards by Anne) will share the latest research and practices that can help us become more mindful and more content.

Tuesday, February 17, 2015, 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 download and print our mailer,

or view the online registration instructions



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