

Dominican Hospital's Community Health & Wellness Education

Be Happy & Be Well

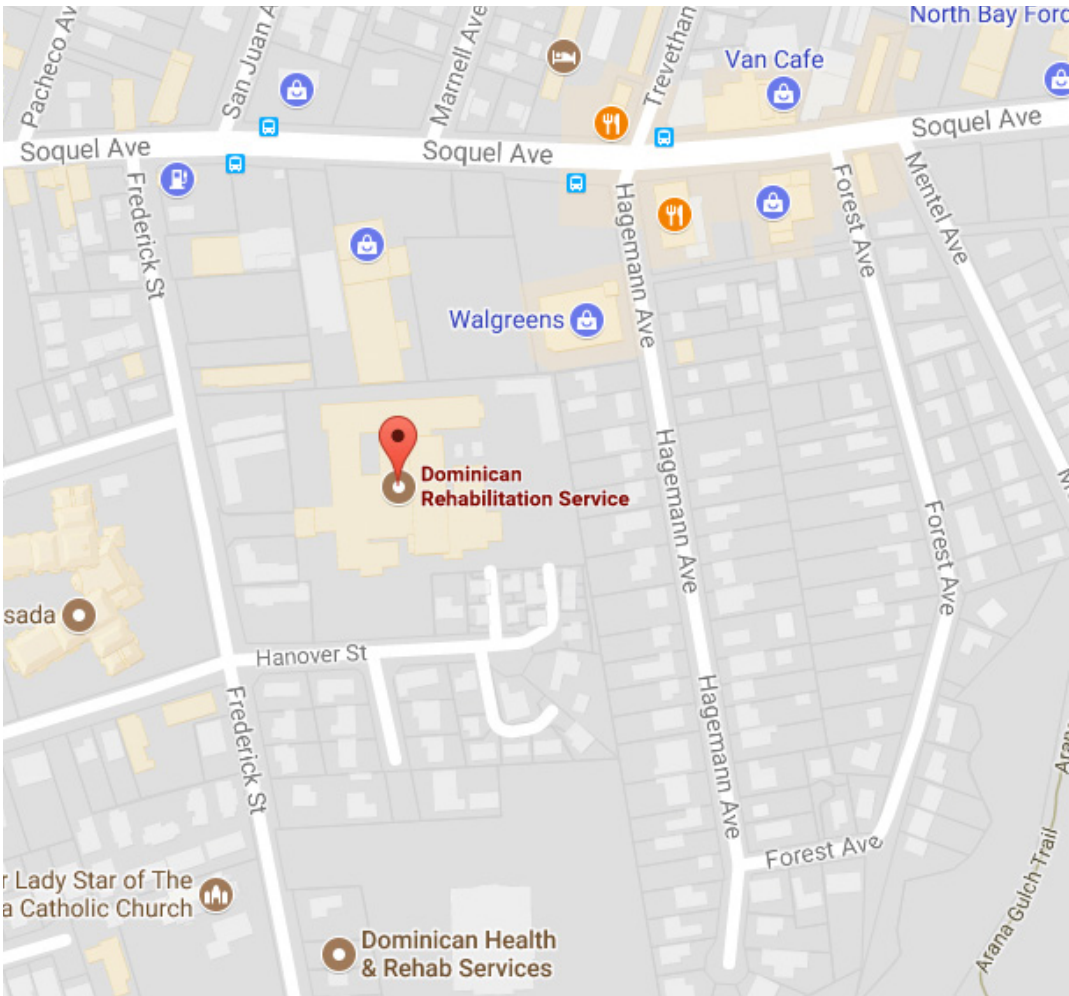


Mindfulness Teacher
and Life Coach
Peter Parker

Based on the new science of well-being,
this class includes proven practices for greater happiness,
health and wellness.

Learn the best techniques of mindfulness,
positive psychology, and life coaching.

Gain lifetime tools for personal growth, mindful awareness,
self-acceptance, and more!



Location

Dominican Rehab Solarium
610 Frederick St, Santa Cruz

5-day course

May 30 - June 27
Wednesday Evenings 6-8pm

Fees

Class fee:
\$100 per participant

Register

dignityhealth.org/dominican/pep or
831-457-7099