



Present

The Heart of Awareness

*A series of talks with Mary Ann Christie Burnside, Ed.D.,
psychologist, mindfulness educator, and relational coach*

week **1 Awareness & You**

week **2 Awareness & Relationships**

week **3 Awareness & Community**

Come nourish mind and body. Attend one or more weeks. Choose morning or evening.

Eat well while you explore how awareness can help you live well.

Evening sessions: Monday June 7, 14, and 28 at 7:00 – 8:30 pm.
\$25 per person per session, includes selection of appetizers and wine cooler

Morning sessions: Tuesday June 8, 15, and 22 at 11:00 am – 12:30 pm.
\$20 per person per session, includes light lunch and beverage

Space limited to 10 per session

Pre-registration required online for each session at least 2 days prior to event

To register online or for more information, visit <http://www.withheartsandminds.com>

All sessions at Nourish, 1727 Massachusetts Ave, Lexington, MA 781-674-2400