

ALDEN COURTS AND ESTATES OF SHOREWOOD

# THE BOOK OF SELF CARE: REMEDIES FOR HEALING MIND, BODY AND SOUL

With Author Mary Beth Janssen, MindBody Expert with the Chopra Center

**Wednesday, April 18**

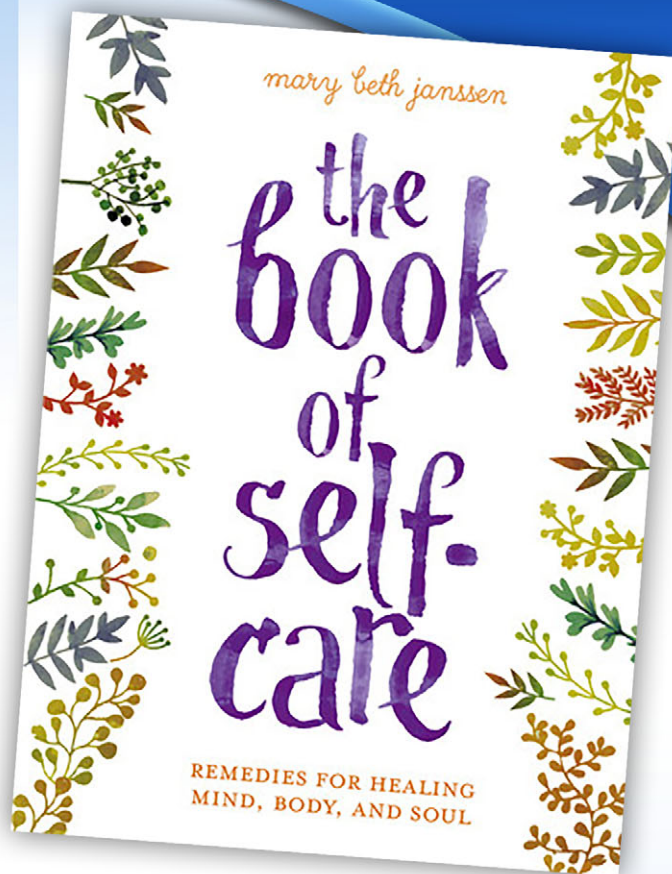
**at 2:00 p.m.**

*Refreshments will be served*

Please join us for this very special event. Mary Beth Janssen, wellness specialist (who offers Life Enrichment programming at Shorewood Courts weekly) will share insights from her new book, *The Book of Self Care: Remedies For Healing Mind, Body And Soul*. Copies also will be available for purchase and signing.

Reviews from the prestigious Library Journal include “*Janssen provides a comprehensive and valuable handbook for enhancing consciousness and compassion.*”

Gain guidance on practices to deeply nurture yourself!



Presented by award-winning educator, Mary Beth Janssen, CAYur, RYT, CMT, and Wellness Director for Community Physical Therapy. She is a certified mind-body health/Ayurveda educator for the Chopra Center for Well-Being—personally trained by

Deepak Chopra, M.D. and partner David Simon M.D. She has shared the same stage with the likes of Dr. Mehmet Oz, Bob Greene and Suze Orman,

among others. Mary Beth writes a popular column, “*Ask the Organic Wellness Expert,*” for Organic Spa Magazine and has authored eight books.



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