

# Attitudes for Health and Healing

A free support group presented by

The Center For Attitudinal Healing, North Bay



## Core Concepts Practiced

**Listening:** A healing practice used with one another for acknowledgment and validation in order to live from a place of authenticity.

**Our Essence:** Recognition of the power of loving one's self from within.

**Forgiveness:** Focusing on becoming "love finders" rather than "fault finders."

**Choice:** We remember good health comes from inner peace and healing from letting go of fear.

## Attitudes for Health & Healing

Running continuously each Thursday - 5:30 to 7:30 p.m.

Attitudes for Health & Healing is a peer support group exploring healing attitudes as a result of illness, loss, care giving, financial fears, relationship issues and other life challenges.

Based on the work of Gerald Jampolsky, M.D., author of *Love Is Letting Go of Fear* and many other books on healing attitudes, this is an opportunity to be heard and supported without advice or judgment. All groups are led by trained facilitators.

## Location

Queen of the Valley Medical Center's Wellness Center - 3421 Villa Lane, Napa

## For more information

Please consider joining this community by calling:

Lynne Law at 707-815-1108 or [lynnehlaw@gmail.com](mailto:lynnehlaw@gmail.com)

Nancy Wilson at 707-815-1557 [napanance@comcast.net](mailto:napanance@comcast.net)