

### 30 Days of Self Care—New Google Group Forming

Have you been working on taking better care of yourself, but are struggling to make that happen? Join with others who are on the same path and finding similar challenges. Maybe you are trying to eat better, exercise more, or start a meditation practice, but you are finding all the “excuses” in the world for why this isn’t happening. Research has shown that one of the things you can do to help create change is to be accountable to others.

This Saturday is Valentine’s Day. Give yourself the gift of registration for this online motivational group. Enrollment will be open through February 20<sup>th</sup>. The current group will function as a Google Group for 30 days, 02/20-03/20/15. The group will be moderated by Stephanie Delmore, MA, LPC, Psychotherapist at The Ommani Center. Participants are encouraged to log in and interact with the group as often as they are able.

There is a reduced, introductory \$20 fee to participate in this new group. Payment can be made by calling or stopping in at The Ommani Center. When payment is made you will receive an email invitation to the group within 24-48 hours. Since this group is online, you don’t need to be local or physically present to participate.

Participation in this group will help you make the changes you desire!  
Call and sign-up now – 262.695.5311.