

MOMS: INVEST IN YOURSELF. TAKE CHARGE OF YOUR FUTURE!

Monday, October 12th, 7 – 8 pm, Atrium

Let's be honest, parenting (and all that it brings) is hard. Rewarding & enriching - Yes! But, also hard! As parents we take on a lot and we try to do it all. But, if we don't take time for ourselves we're left exhausted and depleted. It's important to remember that wellness is a balance of mind *and* body. Often times waiting until you or your body are showing signs of distress means that you have waited too long.

Join us as we welcome certified mediator and founder of Touchstone Counseling, Christine A. Finerty, M.S., LPC-IT on **Monday, October 12th from 7 – 8 PM in the Atrium.** Christine will give us hints and tips on **Preventative Mental Health and Wellness.** Preventative mental health focuses on creating and tips on maintaining a healthy balance of mind, body and spirit - before you notice any deficits. Just as we make sure to go in for routine physicals, eye appointment, dentist appointment and other health related check-ups we also need to be sure we are maintaining a healthy frame of mind. Prevention allows us to take the time to invest in ourselves, consider where we are in life and take charge of our future.

Christine earned her master's degree in counseling at Mt. Mary University where she was a member of international honor society, Psi Chi and active supporter of Repairers of the Breach. She has experience in both private practice and community counseling. Christine is a frequent speaker for educational events, women's groups and professional affiliations. Her practice aims to serve adult individuals and couples during times of transition, particularly those in or entering pregnancy. Christine's involvement with local charities and passion to help improves the lives of others, greatly influences her therapeutic care.