

THEOLOGY ON THE ROCKS WEST
For Adults 40 & Over

Join us Monday, June 8
7:00 – 8:30pm



Westside Irish American Club
8559 Jennings Rd. Olmsted Twp.

Mindfulness, Faith & Mental Health: Attention, Compassion & the Presence of God Join Deacon Andy Davis, PhD, LPCC-S for an engaging presentation exploring the relationship between mindfulness, Catholic Faith & mental health. Explore how mindfulness relates to anxiety, stress, recovery prayer & emotional well-being through the lens of both psychology and Catholic spirituality.

Cost is \$15.00 per person. Light appetizers included. Cash Bar is available. **Advance tickets recommended. Register in advance: www.theologyontherockswest.com.** Doors open at 6:30pm.