

**\*\*\* Continuing education units approved by AAMFT-HI and ADAD! \*\*\***



## **“A Deep Dive Into Mental Well Being”**

*at the Grand Naniloa Hotel in  
beautiful Hilo, Hawaii*

October 13 – 15, 2017

October 16 - 19, 2017

“A Deep Dive Into Mental Well Being” is a 2-1/2 day weekend experience, followed by a 4-day immersion intensive training that will focus on helping participants awaken to the Three Principles of Mind, Consciousness, and Thought. This new paradigm helps people see how to live in happiness and joy most of the time, have healthy relationships with little effort, overcome addictions, and help others without suffering stress and burnout.

This week-long exploration into innate mental well being and the power of thought and conscious to create experience will be presented by Christine Heath, LMFT, CSAC, MAC, and Dr. Mark Howard, Ph.D., two of the most highly regarded professionals teaching the Three Principles today. The weekend is designed to guide participants towards an understanding of the principles and the Immersion Training is an intensive learning that will help you to see a really different way of helping others to discover their inner resources and be happy, secure, and calm, no matter what they are dealing with in their lives.

In the peaceful setting of Hilo, you will see how to slow down, relax, and just let go – of worry, of stress, of anything that holds you back from living the richest, most spectacular life you can!

For more information, call (808) 254-6484 or go to [www.hcechawaii.com](http://www.hcechawaii.com) to register. The Grand Naniloa is providing special low rates for the retreat so join us for this relaxing and rewarding experience.

**Approved by AAMFT-HI for 14 CEUs weekend +17 CEUs intensive  
Approved by ADAD for 14 SA CEUs weekend + 16 SA CEUs intensive**

*Hawaii Counseling and Education Center – (808) 254-6484 – [www.hcechawaii.com](http://www.hcechawaii.com)*