



JOIN PMHCA FOR **WELLNESS WEEK**

DATE: MARCH 2ND AND MARCH 4TH

TIME: 2 PM

IMMEDIATELY FOLLOWING VIRTUAL DROP-IN

Did you ever wonder what Reiki is and how it might fit into your wellness plan? Have you been unsure of how or why mindfulness and breathing exercises could possibly fit into your wellness toolbox? During the next Wellness Week, we will explore these different tools, activities, and methods you can use to boost your daily regime. Wellness Week will be held March 2nd and 4th at 2 pm immediately following our Adult Drop-In which starts at 1 pm. We will use the same Zoom meeting code, so please feel free to join us at Drop-In too!

On March 2nd Kathy Quick will talk to us about how mindfulness and breathing can benefit our daily wellness practice.

On March 4th, Deborah Generella will explain the art and practice of reiki.

Zoom Link: <https://zoom.us/j/131337859>



As the Executive Director of the Pennsylvania Mental Health Consumers' Association (PMHCA), Dr. Quick is very invested in ensuring that individuals in recovery from mental illness have their voices heard. Dr. Quick is in long-term recovery from mental illness as well as alcohol addiction, and she shares her story to inspire others to embrace recovery and hope. Dr. Quick received her bachelor's degree from Penn State University in 1998, majoring in Criminal Justice. She went on to receive a master's degree in Social Work from Temple University in 2005, and her Doctorate in Social Work from Capella University in 2020. Dr. Quick is a resident of Schuylkill County with her husband, 2 dogs, and 3 cats.

Learning Objectives:

- *Review of the science behind breathing and mindfulness*
- *Review multiple practical ways to use these skills daily*
- *Practice several specific exercises during the session*

Deborah Generella is a Licensed Massage Therapist who received her certification in Professional Massage Therapy from Schuylkill Institute of Business & Technology in November of 2000 and has since been providing Massage Therapy in Schuylkill County. She received her Reiki I Attunement while attending massage school in 1999, her Reiki II attunement in March of 2011 and her Master Attunement in January of 2017. Deb's unique approach to massage & Reiki is beneficial to the healing process of the entire individual on many levels. She is very intuitive and literally puts her heart into her hands during every massage and reiki session.

Learning Objectives:

Reiki is....

- *The Benefits of Reiki*
- *How does Reiki heal?*
- *What does Reiki feel like?*
- *Is Reiki a belief system or religion?*
- *Does our mindset affect the outcome of a Reiki Session?*
- *Who can give Reiki?*