

Autumn Abundance

Harvesting the Good and Savoring the Season

Nature teaches us that autumn is both a time of letting go and of gathering and enjoying the fruits of our labor. In this season of giving thanks, we reflect with gratitude on our blessings and offer ourselves kindness and healing. Dr. Lisa Klein's upbeat presentation will show you simple, daily practices to create powerful, psychological shifts that will awaken abundance and joy in your life.

Tuesday, October 20th • Noon

\$10 per person (includes a light lunch)

The Whitehall House

(behind John F. Slater Funeral Home)

4201 Brownsville Road, Brentwood

Please call to reserve your seat by October 16th

or email communityservice@johnfslater.com

412-881-9022



For over 30 years, Dr. Lisa Klein has been practicing and guiding individuals and groups in meditation and wellness practices that support lasting well-being of the body, mind, and spirit.

A former high school English teacher and university instructor, she earned her doctorate from Duquesne University in 2008, focusing on meditation's connection to self-actualization. She later earned a Master of Science in Mindfulness Studies at the University of Aberdeen in Scotland, deepening her study of mindfulness through the lens of neuroscience and psychology.

Dr. Klein teaches meditation and mindfulness and is also certified to lead both the Mindfulness Based Living Course and the youth version through the UK's Mindfulness Association. Her 2024 book, *The Meditation and Mindfulness Edge* (Routledge), has been praised by beginners and long-time practitioners alike. She offers dynamic talks, workshops, and presentations to schools, corporations, and organizations through her company, **Lisa Klein Mindfulness**.

To learn more, visit www.lisakleinmindfulness.com



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MINDFULNESS