



Join us for our Virtual Adventures in Learning via Zoom. We are pleased to welcome Aimee Bellmore, **Thursday, March 4th at 10:00 A.M.**



Bio

Aimée Bellmore, Ph.D., LCMHCS

Dr. Bellmore earned a master's degree in counseling psychology in 2000 and a Ph.D. in social research in 2011. She is a Licensed Clinical Mental Health Counselor/Supervisor and owner of Sagrado Healing Arts, PLLC, an associate professor of Counseling & Human Services at Pfeiffer University, a member of the International Society for Traumatic Stress Studies, a published scholar in trauma research, and an organization/program evaluator. In 1997, Dr. Bellmore was introduced to mindfulness meditation practice and teaches her clients and students the fundamentals of mindfulness awareness to promote health and well-being.

Course Description

Please join us in learning about the benefits of practicing mindfulness in your daily lives. Mindful awareness practice is the foundation of various types of meditation and is now used to manage chronic pain, treat depression, anxiety, and trauma, and improve overall mental health. This adventure in learning provides you an opportunity to learn and practice the basics and participate in a Q and A with Dr. Bellmore who has over two decades of experience using mindful awareness in her clinical mental health practice."