



**Ku'ikahi Mediation Center**

*Finding Solutions, Growing Peace*



# BROWN BAG LUNCH SERIES

## TOPIC

**The Quandary of Self-Care:  
Taking Care of Self to Help Others**

## SPEAKER

***Lindsey Miller***  
***Case Manager, PARENTS, Inc.***

**WHEN**      **June 20, 2019**  
**Third Thursday from 12:00<sup>pm</sup> to 1:00<sup>pm</sup>**

**WHERE**      **Office of the Prosecuting Attorney**  
**655 Kilauea Avenue, Hilo HI 96720**



"In our culture of extroverts and outward appearances, it's important to take good care of ourselves in order to feel grounded and peaceful in our bodies and spirits," says Lindsey. "Focusing on ourselves and what we need in the day-to-day moment is often the best way to take care of others." In this interactive talk, learn simple self-care ideas and mindfulness techniques like breathing and setting intentions.

***Lindsey Miller*** holds a BA in Sociology with a minor in dance. She has been teaching yoga, offering yoga retreats, and leading yoga teacher trainings and Thai massage trainings for 20 years. She currently works as a case manager for PARENTS, Inc. and is working towards a Master's degree in Counseling with a focus in trauma. Lindsey lives in Na'alehu with her partner, 4-year-old son, and two Rhodesian Ridgeback pups.

**For info, contact Program Coordinator Majidah Lebarre:**



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