



# BROWN BAG LUNCH SERIES

## TOPIC

**Bringing Ritual into Daily Life  
for Inner Peace and Happiness**

## SPEAKER

***Sandi Alstrand***  
***Social Worker - Retired***

**WHEN**      **December 20, 2018**  
**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**



"We perform rituals every day, although most of the time we don't recognize we are doing so," says Sandi. "Mindfully engaging in rituals can enhance spiritual health and overall happiness." In this talk, learn what rituals are and how they can bring more peace and fulfillment to our everyday lives, plus find rituals that you can easily perform alone or with others.

***Sandi Alstrand*** has been a social worker for over 30 years and is currently working on her master's degree in Consciousness and Transformative Studies. She was the Case Manager at Ku'ikahi Mediation Center for 4.5 years and has volunteered with Rainbow Friends Animal Sanctuary for over 5 years, coordinating their free community spay/neuter clinics. Sandi enjoys playing music and is a professionally trained volunteer mediator at Ku'ikahi Mediation Center.

**For info, contact Program Coordinator Al-Qawi Majidah:**



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