



PRESENTED by CHENEY CREAMER & ONE GREEN SQUARE WELLNESS CONSULTING



# PRACTICAL TOOLS

*to Harmonize the Heart & Mind*



## MUNAY SPACE

1079B Roosevelt Crescent, North Vancouver  
(with jaunts into Lower MacKay Creek Park)

**NEW: Drop-in Option!**

Learn HeartMath® tools alongside horticultural therapy practices in this unique small group setting.

**6**

**SESSIONS!**

**\$40**

PER SESSION

August 8, 15, 22, 29,  
&  
September 12 and 19

MONDAY EVENINGS  
7:00 ~ 9:00pm

Explore simple wellness methods in these drop-in sessions to reconnect with nature, build resilience to stress, & experience more harmony and well-being throughout the day!

PLEASE RSVP TO CHENEY CREAMER:

604-230-2128 OR EMAIL [CHENEY@ONEGREENSQUARE.CA](mailto:CHENEY@ONEGREENSQUARE.CA)

Cheney Creamer is an *Organizational Wellness Consultant, a HeartMath® Certified Coach & Horticultural Therapy Specialist*. Weaving together the science of the heart & brain, with a passion for nature, creating engaging activities & transformational programs.



"Connecting with Cheney and learning about HeartMath® was a gift... I moved through some big obstacles and these techniques provided me a supportive, comforting sense of ease to face it all and let the wise, simple and intuitive answers be heard."

~Amy Reedman:  
Founder of The Blending Bar

Reconnecting with Self, Others & Nature.