

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

FREE

## STAY SHARP

Powerful Ways to  
Avoid Mental Decline

## WORKPLACE WISDOM

Mindfulness in  
Corporate Life

Shop Local  
Conscious  
Giving Guide

## The Art of BLESSING

Sanctifying Everyday Life

## The Sensitive CHILD

How to Nurture  
Special Gifts

Make Home  
a Spa Zone



November 2016 | Lancaster DeKa Edition | [NALancaster.com](http://NALancaster.com)