

PEACE IN A NEW DAY



*Patricia Potts
and Kerri Ernstsen
have over 16 years
of speaking
experience*



- * **Learn to Balanced Your Mental Health:** Through our personal songs, stories and skits learn how to find more peace
- * **Discover the Four Stages of Overcoming Loss:** Learn how to navigate your way through life's turbulence turning negative emotions into positive ones
- * **Learn Tips for (more) Sane Living** including personal peace papers, Anti-stress strategies and more
- * **Learn to use Tools** that will help you maintain peace and foster mental health

Contact Information

Patricia Potts 801-879-3427 patripotts@gmail.com
and www.patriciapotts.com
Kerri Ernstsen 801-750-7517 kerri@namiut.org

