

Begin the Journey for Creating Your Garden of Life

Source: The Tree of Health Center, LLC

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NEWTON, N.J. -- Imagine bright and vibrant colors: red, yellow, green, and purple. The aroma of tulips, roses, and wild flowers float in the air. Vegetables and herbs are growing, giving the garden even more beauty and later providing fresh and healthy food. While in the garden, the stresses in your life disappear. There is nothing here that can bother you. While the garden represents a peaceful place, it constantly needs tending and care. Likewise, our lives need the same tending and care.

The Tree of Health Center and its founder Linda Mitchell bring you an exciting introduction to **MARCI** on February 23rd, from 1-5 p.m. **MARCI** is an acronym for Mindfulness, Awareness, Responsibility, Compassion, and Intuition.

Change your life by taking the steps to learn how **MARCI** can and will impact your life. **MARCI** is for anyone interested in having richer relationships, a fulfilling home and workplace and overall being a happier person through self-discovery. It will assist in unearthing qualities you may have never known, or embraced about yourself. It will let you become more aware and let you be able to step back and not be triggered by old patterns. **MARCI** is about making stronger and healthier decisions in life.

This introductory coursework will give you the tools to use on how **MARCI** can create an impact in your life through the metaphor of the garden, your garden, the changing seasons, what you have been cultivating in your life and how you can change the direction of your life through the **MARCI** principles.

This introduction will lead the way to a 4 month commitment to enable you to ground yourself in each of these principles of **MARCI** by taking action steps for the change and life you wish to experience in this lifetime. This life altering series of 12 workshops begins March 14th and ends June 21st:

- March 14th & 15th – MARCI Mindfulness Workshop
- April 4th & 5th –MARCI Awareness Workshop
- April 18th & 19th –MARCI Responsibility Workshop
- May 16th & 17th –MARCI Compassion Workshop
- June 6th & 7th –MARCI Intuition Workshop
- June 20th –MARCI Review & Assessment Workshop
- June 21st –MARCI- Begin the Garden

Linda created **MARCI** after many years in the healthcare profession and witnessing the dysfunction within it. She realized we need to improve our healthcare system so people can heal, recover and feel nurtured. Linda Mitchell states, “*We need to wake up to the healthcare system we have now so we can enhance the quality of care we provide to not only our patients, but our healthcare professionals as well.*” Linda decided to raise awareness on how we all show up in our life, which is a reflection on how we all show up in our workplace, our playground, and our relationships.

As The Tree of Health Center begins rolling out this sensational new lifestyle approach our goal is to bring **MARCI** to our local organizations and community members. Please join us on February 23rd for the start of **MARCI**; your path to enlightenment. The cost for this series is \$500. This discounted price is available only for this series launch; payment plans are available.

To register or to get more information for **MARCI**, please visit The Tree of Health Center website at www.thetreeofhealthcenter.com, email info@thetreeofhealthcenter.com or call(973) 500-8813.

About The Tree of Health Center

"The Tree of Health Center" is a community rooted center that takes into consideration that there are many ways to grow, heal and stimulate self-awareness for a healthy spirit, mind and body. The goal is to bring together the best of Natural & Modern Medicine and bridge the gap between all healthcare traditions. Everyone at the Center helps you to facilitate a healthier lifestyle, stronger relationships, and a sustainable future for the health and welfare of our worldwide community. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

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Industry	Health, Lifestyle
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