

## **ORTIZ PSYCHOLOGICAL SERVICES**

714.726-2794

### **HOLISTIC APPROACH TIPS TO SELF DISCOVERY AND HAPPINESS**

- **NUTRITION** – Eating well balanced meals; essential for our daily growth and overall well-being.
- **ART THERAPY** - Music soothes the soul and encourages self-discovery.
- **LIFE SKILLS** – Liberate yourself - - gain hope and confidence through knowledge from acquiring a new style of living.
- **YOGA MEDITATION** – Deepens knowledge about ourselves and teaches relaxation.
- **FITNESS** – Re-establish confidence and a sense of achievement as you meet fitness goals and a new you in control.
- **COMMUNITY** – Learn new ways to engage family and friends and make friends in your surrounding neighborhoods.