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HEALTH & WELLNESS



**Vitality Health Show**  
Thursday at 10 AM Pacific  
**October 7th 2021: The Two Words of Advice  
You'll Never Forget**

Christine Hains Erickson is a Mindfulness Coach, program developer, Clinical Mental Health Counselor, and Mom of seven children. Christine has spoken about mindfulness on podcasts, radio shows, at events such as The Best You Online, and internationally. In 2020 Christine spoke about mindfulness at the Women Economic Forum in Egypt and received the award for Iconic Women Creating a Better World for All. In 2021 Christine was invited to be one of the speakers on the Amazon Prime series SpeakUP: Empower Your Ideas (Season 4, Episode 4). Christine has developed online programs using mindfulness t

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#### Featured Guest



##### Christine Hains Erickson, MA, CMHC

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