



The Benefits of Gratitude

Thursday, May 18 • 12-1 p.m.

Edgewater Health • 1100 W. 6th Ave.



For the next Mind, Body and Spirit presentation, we will focus on **“The Benefits of Gratitude.”** Pastor Michael Pirtle is our featured speaker, and we’re looking forward to a powerful presentation.

From decreasing stress, anxiety, and depression to improving emotional, physical, and spiritual health, the benefits of gratitude are endless. Unfortunately, many people look at the difficulties of their present situation instead of considering the possibilities of what could be in store for them. Pastor Pirtle will provide an insightful perspective on how “The Benefits of Gratitude” can impact your overall health.

Pastor Pirtle also serves in many capacities throughout the community. He is the Program Director of Edgewater Health’s New Life Addictions Unit, the Executive Director of Liberty House Recovery Cafe, and the Executive Director of Emma House Recovery Home for Women. He received a bachelor’s degree in general studies from Indiana University, with a concentration in Elementary Education and Management in 2008. He also received his master’s degree as a Clinical Addiction Counselor in 2015. Although Pastor Pirtle has achieved many accomplishments throughout his journey, his most memorable one was in 1984, when he accepted Christ as his Lord and personal Savior. He currently serves as the Pastor of The City of Refuge Christian Church.



For Your **Whole** Life

FREE EVENT

No registration is needed. Join us for our Mind, Body & Spirit talks, which are held on the third Thursday of every month. Stay tuned! Every month, we have a new topic and focus.