

EVERYDAY MINDFULNESS

FOR GREATER ENERGY, HEALTH, AND WELL-BEING

with Elaine Huang Fagan, MSW, MA, SEP

Hosted by Montana Harvest Natural Food Store, Billings, MT

WEDNESDAY-JULY 15, 2026

5:30PM – 7:00 PM^{MST} (IN PERSON)

Eating nutritious foods, taking high-quality supplements, and exercising regularly are essential for health. Yet stress can interfere with the body's ability to fully benefit. Learn simple, everyday mindfulness practices to cultivate calm, focus, vitality, and greater well-being.

HIGHLIGHTS:

- Simple mindfulness tools you can use right away
- How mental and emotional patterns affect the body
- Ways to support your body so nutrition and supplements work more effectively
- Everyday practices to cultivate calm, balance, and vitality

RSVP: 406-252-6969

Attend in person and receive 10% OFF your entire purchase

RSVP required | Expires July 15, 2026



ELAINE HUANG
MSW, MA, SEP

Elaine Huang is a mindfulness teacher and guide with more than 25 years of teaching experience and over 35 years of dedicated meditation practice. She integrates mindfulness, psychology, somatic awareness, and neuroscience into practical tools that help people cultivate greater harmony, vitality, and grounded presence in daily life. Elaine teaches in community, corporate, and retreat settings and leads professional trainings for leaders and teams across organizations of all sizes.

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