

## CERTIFIED MINDFULNESS MEDITATION TEACHER

## DEBRATIMMERMAN

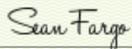
successfully completed our thorough training program to teach evidence-based mindfulness and meditation practices for enhancing people's mental health, resilience and well-being.

Internationally Accredited by

The Continuing Professional Development Certification Service



Attested to on this 15th day of July, 2019



Sean Fargo Founder Mindfulness Exercises MindfulnessExercises.com