

## SUPPORT GROUP JUST FOR YOU!

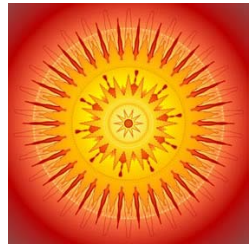
*When did life get so busy that we can no longer take the time to care for ourselves?*

*It's an issue that so many of us face! Just knowing that you are not the only one is reassuring. Yet is there something to do, to change, to learn that will help us out of this rut without adding hours to our days?*

**Absolutely!**

*Talking to other folks who share your concerns and desire to make self-care a priority can help you discover strengths and inspiration to incorporate the techniques you will learn in this group into your daily routines.*

*The Family Life Center Group will provide a place where you can meet those help-*



**A Caring Place  
To Learn, To Heal,  
To Share Feelings**

## HOLISTIC HEALTH & WELLNESS GROUP

The Family Life Center  
703 Compton Road  
Holistic Health & Wellness  
Six Tuesdays beginning  
March 31 and  
September 8, 2009

The Family Life Center

703 Compton Road  
Cincinnati, Ohio 45231



*A Faith-Based Outreach of  
Northminster Presbyterian  
Church*

*Tel: 513-931-5777 for  
information and for other  
groups that provide help for  
all ages and stages of  
life & life transitions*

**The Family Life Center**  
**703 Compton Road**  
**Holistic Health & Wellness**  
**Six Tuesdays beginning March 31 and**  
**September 8, 2009**  
**7-9 PM**

## HOLISTIC HEALTH & WELLNESS GROUP INFORMATION

Taking time to take care of ourselves, spiritually and physically, usually falls to the bottom of the list in our hectic lives. The focus of this group will be to offer you simple techniques, drawn from the wisdom of the centuries and our contemporaries, that will improve your body, mind, and spirit connection—and thus your general state of wellness. We'll even provide free babysitting to help you make this a priority in your life.\* You will learn how and will be able to share with your family how to do:

Tai Chi  
 Pal Dan Gum  
 Healing Touch  
 Acupressure  
 Guided Meditation  
 Everyday Spirituality

Other topics as time and interests allow.

*The goals will be for you to:*

- ☺ Feel renewed & energized
- ☺ Have lower stress levels (and coping strategies when you notice your stress level inching upward)
- ☺ Feel you have new tools to care for yourself and

your family

***Come comfortably dressed for gentle movement!***

### Sources of Information:

The group facilitators utilize resources including books, hand-outs, videos, and group discussion. Books can be borrowed from the Family Life Center Library. Session design is flexible in order to address the specific needs of those who are participating.

**Class Facilitators: Our group facilitators are experienced in these practices and have been trained in leading small groups.**

**FORMAT:** Six weekly sessions on Tuesday evenings, 7-9 PM. Each week our facilitators will offer new techniques, a review of previously covered techniques, hand-outs, opportunities for reflection and group discussion. The experience of group members contributes to the learning process. This group is designed around your concerns!

**\*Childcare is only available with pre-registration**



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road  
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260  
 Phone: 931-5777,  
 Email: flc@nmpchurch.org

### Registration for Holistic Health &

Sign up for: \_\_\_\_\_ Time \_\_\_\_\_ Price \_\_\_\_\_  
 Six Thursdays starting \_\_\_\_\_ 7-9 PM FREE !!  
 I will need child care during class FREE !!  
 Number of children: \_\_\_\_\_  
 Ages and names: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Total: FREE !!

Name \_\_\_\_\_

Address including zip code \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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Phone and e-mail \_\_\_\_\_

How did you hear about us? \_\_\_\_\_