

WHOLE WOMEN

Evidence-based Healing Practices for the Mind, Body & Spirit

“LIGHTING THE WORLD” FROM THE *INSIDE* OUT

Date: *January 13th, 2018*
Time: *8:30am - 1:00pm*
Dress: Casual/Comfortable Clothing
Location: Lake Mary Stake Center
2255 Lake Emma Rd, Lake Mary, FL 32746
(sponsored by Lake Mary Stake Relief Society Presidency)

Seminar Schedule:

08:30am - 09:00am Breakfast

09:00am - 01:00pm Classes (rotating)

Donation of canned food for “Safe House” appreciated

Emergency Preparedness: Securing Knowledge in Logically Led Sequence
(Lisa Taylor, Stake Provident Living Specialist)

Natural Solutions for Emotional & Hormonal Balance
(Dr. Crystal Nix Dayton, DC, CAc)

Developing Shame Resilience: Why it's Important and Needed Tools
(Sommer Seitz, MA, LMHC)

Mindful Eating: What, Why & How
(Santee Nebel, MS, LMHC, CEDS, E-RYT 200)

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