Kachmann Mind Body Institute
Lutheran Hospital Campus
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Register online, by phone or mail in

REGISTRATION FORM

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CARD NO. EXPIRATION DATE

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5 WEEK SERIES

REJUVENATION

TOOLS FOR EMBRACING CHANGE
STRESS REDUCTION SERIES

Mondays, 6:30-7:30pm, 2/1, 2/8, 2/22, 3/1, 3/8
5 Weeks/$65 per person

Presented by: Dr. Dave Johnson, Professor USF
Lutheran Hospital Campus

Are you feeling overwhelmed by stress? Is it taking over your life and you're struggling to find balance and practice self-care? This 5 week workshop series is just for you! Learn wonderful self-care techniques to eliminate feelings of frustration, depression, or sheer exhaustion, and to keep from being twisted and pulled in multiple directions.

This program focuses on the Mind-Body-Spirit connection using tools of journaling, relaxation, self awareness, dreams and goal setting. Find rejuvenation and freedom from stress and learn simple mind body tools to bring about transformation and self-awareness.

This program will help you:

- Learn to make self-care a necessary part of your life.
- Find the motivation to continue the journey in making lifestyle changes.
- Learn to eat healthier foods that nourish the body, mind and soul.
- Honor your body by having honest and realistic fitness goals.
- Understand how to cope with loss & stress: death, divorce, job, health, etc.
- Learn tools for personal resilience when experiencing physical or emotional pain.

USING THE TOOLS OF REJUVENATION
FOLLOW UP SERIES

Saturdays, 9-10:15am, 2/27, 3/27, 4/24, 5/22,
4 Weeks/$65 per person

Have you begun to make changes to assist you in your ability to embrace change and stress reduction but desire further practice in the tools of journaling, mindfulness, self awareness, dreams, and goal setting? This series complements the 5 week rejuvenation program and continues the application of the tools learned. Neither program is a prerequisite for the other.

Each session in this series will include time for dialogue with Dr. Dave about specific application questions as well practice in mindful meditation, quieting the anxious and overwhelmed mind, and using the journaling process. Continuing the growth journey and making self-care and lifestyle changes to support your rejuvenation is the focus. This series is specifically designed as a continuation support and may be started anywhere in the date sequence.