

Feed your mind and nourish your soul  
as we offer creative avenues of healing for your journey

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# KNOW YOUR MIND, BODY & SPIRIT

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Join us for a 4-week series as we find balance in mind, body and spirit;  
remind ourselves "to dance"; understand the science of homeopathy;  
and nurture our inner-child.

**TUESDAYS - AUGUST 5, 12, 19, 26**  
**6:30 - 8:30 P.M.**

St. Joseph's Medical Center Auditorium  
1800 N. California St., Stockton  
(209) 461-6889



Schedule and registration information  
on the other side of this flyer.

**Register early!**

Presented by

**St. Joseph's Regional Cancer Center**

August 5 **TriEnergetics – Balancing Nutrition, Exercise and Mindfulness for Lasting Wellness**

Modern living takes it toll. There is constant stress and often too little time devoted to our physical and emotional well being. We don't always eat the right foods, take the right vitamins, or get enough exercise or relaxation. This class will teach you about TriEnergetics - the lifestyle and weight loss program that will help you understand how your body works and guide you toward balancing your body's energies for weight loss, better health and well being.

**Sanford L. Severin, MD**, author and creator of the TriEnergetics book and program, has lectured extensively throughout the world on health, fitness, nutrition and stress. Bring your questions and join us for an informal conversation with Dr. Severin: a fitness enthusiast and life-long student of Eastern philosophy.

August 12 **Don't Forget to Dance...**

With a house filled with post-it-note affirmations reminding her to "live fully in this moment"; she didn't. With all of the necessary tools for happiness, contentment, and joy in her home, bookshelves and mind, she rarely accessed the "tool box." Like many of us, she, too, resisted actually creating the needed change for a more joyful life. We forget to dance.

**Catherine McClain**, through a personal health crisis, failed marriage, and loss of loved ones, discovered the key to "turning the switch" to living a life that is abundantly full. Baring her soul, she will entertain with real life stories as she imparts the wisdom that is available to all of us. Cathy is an author and performing artist who recently celebrated her 5-year mark as a cancer survivor. She is employed as a sign language interpreter for a deaf physician at UC Davis Medical Center in Sacramento.

August 19 **Homeopathy Evolved: Advanced Methods in Clinical Practice**

In this presentation, you will learn the basic philosophy of homeopathy. The homeopathic medical approach strives to understand the deeper connections between a patient's physical, mental and emotional symptoms. Learn how homeopathic treatment can tune into these symptoms to address underlying factors of illness and bring patients to a higher level of health and self awareness.

**Kate Smith, N.D.**, is a Naturopathic Doctor whose essential modality of practice is Classical Homeopathy. She sees each patient as an individual with unique symptoms and personality, rather than a collection of disease labels. Kate is the Director of Education of the Homeopathic Symposium and she is in private practice in Lodi and Oregon.

August 26 **Nurturing the Child Within**

Learning to play is an experiential way to connect with our engaged, energized selves. In this workshop, you will discover how your body responds to its childish side through exercises in reminiscent play, meditation, and journaling. This lesson in self-awareness will lead you to self-nurturance and put you on a path to healthier decision-making and energized-living.

**Dabbie Bowron, ACC**, Life and Executive Coach, works with groups and individuals dealing with life transitions; job, retirement, loss, and health. **Deb Archibald, MA** in Holistic Health Education and Life Coach, specializes in motivating others to move towards revitalized health and successful, satisfying, and joyous futures.

**Space is Limited - Pre-Registration is Required.**  
**Feed your mind and nourish your soul while having fun!**  
Cost: \$20 per person (non-refundable) for the four-week Tuesday series.

please print


Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Number of people attending \_\_\_\_\_ x \$20 Total enclosed \_\_\_\_\_

Make check payable to:  
**St. Joseph's Medical Center**  
Mail check and form to:  
**KMBS - St. Joseph's  
Regional Cancer Center**  
PO Box 213008  
Stockton, CA 95213-9008

 **St. Joseph's Medical Center**  
*Regional Cancer Center*  
A member of CHW

**For more information call  
(209) 461-6889**