

Positive Wellness

Workshop and Support Group



Wednesday nights, 7—8:30 pm
January 15—February 19, 2014

What is Positive Wellness?

This six-week workshop and wellness support group will teach you the skills you need to identify and build upon your unique health assets. We'll explore the seven dimensions of wellness and how body, mind and spirit all work together to support vibrant well-being.

Learn:

- How to reduce the body's stress response
- How to promote healthy habits and sleep patterns
- How to develop physical and emotional resilience
- And how to create an action plan for your own wellness

\$129

Location: Meeting Point Community Acupuncture, 570 S. Broadway, Denver, CO 80209

Facilitators:

Carol Hollifield, licensed professional counselor with Inner Counseling (303-586-1978) and LeeAnn Langdon, certified personal trainer with Prime of Life Fitness (720-295-0150)