



Parish Health Ministry

## ***Hundreds Learn to Strengthen their Life in Challenging Times at RYS 2013!***

The Refresh Your Soul Conference was a success with close to 200 people attending on March 8 and 9 at the Crowne Plaza in Blue Ash (northern Cincinnati). Speakers included keynote, Dr. Robert Wicks PsyD, Dr. Scott Morris MD, Shelly Beach and Wanda Sanchez. They provided valuable insights on how to strengthen our inner life in challenging times, understand the health care system and look at a biblical view of health as well as the challenges of care giving and the importance of understanding PTSD.

Dr. Wick's shared the following from his book, *Riding the Dragon*:

"I think we're all good at seeing the problems that surface in our lives. We also are pretty good at diagnosing what's causing them and planning what to do about them. Yet, few of us take the next step and simply do what we can with a sense of joy and freedom. Instead, we focus on how little or inefficient our actions are. Once we are done with recognizing, diagnosing, planning, and acting, very few of us remember to let go. After all, if we are spiritual people who've done what we can, shouldn't we then let God take care of the residue?"

Thanks to everyone who attended and supported ERH Parish Health Ministry through this conference. A special thank you to our Title Sponsor, Home Care by Blackstone.



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Dr. Robert Wicks, PsyD, ERH CEO Doug Spitler, Dr. Scott Morris, MD



Rose Lindeman of PHM greets friends



Jeanne Palcic of PHM and Matt Ellis, President of National Episcopal Health Ministries



ERH CEO Doug Spittle with Wanda Sanchez and Shelly Beach of Trauma Queens



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