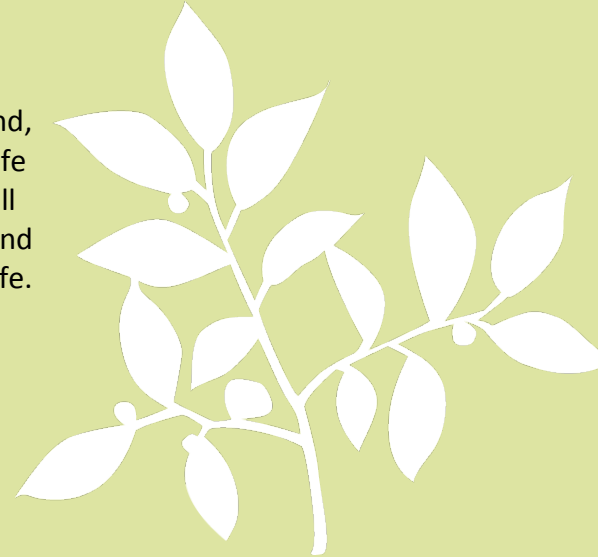


Good Medicine: An Integrative Approach to Healing
Sponsored by the Health & Wellness Association at S'eclairer
341 Story Road, Export, PA 15362

What's Got A Hold On Me? The Inner Journey to Healing Addictions

Saturday, Oct 2, 2010
Registration: 9:00am-9:30am
Retreat: 9:30am-3:30pm

Addiction can start innocently as you turn to an occasional cigarette, cocktail, sleeping pill, or even a shopping spree to help you relax, unwind, and enjoy life. Eventually, these behaviors can take control over your life physically, psychologically, emotionally, and spiritually. This retreat will focus on an integrative journey to heal addiction, uniting science, art, and medicine, while stirring the energy of hope to restore balance in your life.



**“Let yourself be silently drawn by the
stronger pull of what you really love.”
Rumi**

Facilitator: Nancy Fitzgerald; MAT, MS
Dance: Kimberly Ruth; MS, LPC & Jamie Robertson
Faculty: Safdar Chaudhary; MD: How Can DBT Reprogram Your Brain?
Gail Kubrin; MD: What's Different About Women & Addiction?
Kimberly Ruth; MS, LPC: Can I Dance Away Some Worries?
Haranath Parepally; MD: What Natural Compounds Support My Well Being?
Lauri Lang; RD: What Foods Are You Eating?
Donald Valentine; DC, MSW: What About Managing My Pain?
Mariangela Mancuso; Yoga Fit Certified: Can I Get Balanced With Yoga?
Athanasius Cherry; CRNP: Guided Imagery; Where Is My Mind Taking Me?

Come & Enjoy in the Garden of Beauty & Wisdom at S'eclairer

Cost of retreat is \$50.00 & includes a healthy lunch
Participants are invited to wear comfortable clothes & bring a floor blanket & pillow.
For questions call 412-372-1465.

Retreat Registration Form

What's Got a Hold on Me? The Inner Journey to Healing Addiction

Saturday, Oct 2, 9:00am to 3:30pm

Name _____ Email _____

Address _____

City _____ State _____ Zip _____ Phone _____

Make \$50.00 check payable to: Dr. R. Valentine, Registrar, 1212 Harvest Dr, Monroeville, PA 15146