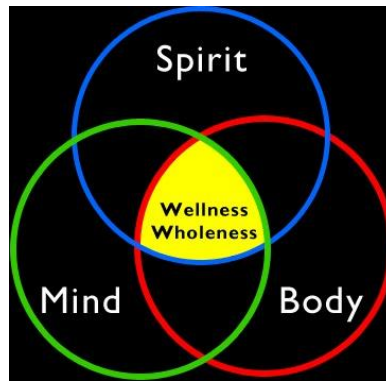


SAVE the DATE for this NASW/CT Hosted Workshop!



Energy Medicine

An Integrative Approach to Healing the Mind, Body and Spirit

presented by Kathleen Rose Fisher, BS

Founder of Wellness Insights, LLC, Mind Body Spirit for Health

Attend a workshop that will help you end the year of 2015 with a sense of

Balance and **HEALING** and **Integration**

while starting the New Year of 2016 with restored **Energy** and inner **Strength**.

Treat yourself to a day that will be restorative, improving your physical health and well-being!

Two words that describe Energy Medicine are balance and flow. In this educational and experiential workshop, an overview of the 7 chakras, the body's seven energy centers, and the Human Energy Field will be explored. Energy flow is essential for overall optimal and spiritual health. This day will help you discover how to use your energies to: maintain harmonious flow through the mind, body, spirit connection; eliminate and remove toxic energy; correct energetic imbalances when they occur; strengthen your energy field; decrease levels of anxiety, depression and physical pain; and build an inner bridge to your spiritual self. Discussion on the positive results of different therapies such as Reiki, Therapeutic Touch, and Energy Medicine will also be included.

Learn about this interactive approach to healing the mind, the body, and the spirit!

Friday, December 4, 2015

(Snow Date: Friday, December 11, 2015)

9:00am to 3:30pm

Copper Beech Institute, 303 Tunxis Road, West Hartford, CT 06107

Approved for 5.5 CECs by NASW/CT for LMSWs, LCSWs, LMFTs, LPCs, & Licensed Psychologists

\$99 for NASW Members; \$129 for non Members

Price includes coffee breaks and a delicious lunch on site!

Call 860 257-8066 for more information or register online at www.naswct.org