

Dedicated to
Health Medicine:
Integrative, Holistic,
Person-centered,
Preventive Care



The Health Medicine Forum

3799 Mt. Diablo Blvd., Lafayette, CA 94549

www.healthmedicine.org

925-210-7414

To hear an interview
with Julie about this event:
www.juliemotz.ask-us.org

Find the
positive
side of
your
negative
emotions

A workshop with
Julie Motz, author
of *Hands of Life*

Surviving with fear and winning with anger

Most of us have been taught to believe that fear and anger are "negative" emotions - things to be gotten rid of or transcended.

But Nature is never wasteful or stupid and these powerful emotions serve an important purpose in our lives that we can ignore only at the peril of our physical and emotional health.

In this workshop you will learn:

- how to turn fear into excitement and anger into action.
- the true function of these vital forces in our lives
- how to free the body and the mind to use these forces for healing, growth and transformation.
- how habitual patterns of thinking about fear and anger arise and how they shape and limit the ways in which we love.

Saturday, March 31st
10 am - 5 pm

at the Health Medicine Center
3799 Mt. Diablo Blvd., Lafayette

\$100 before March 16,
\$125 after

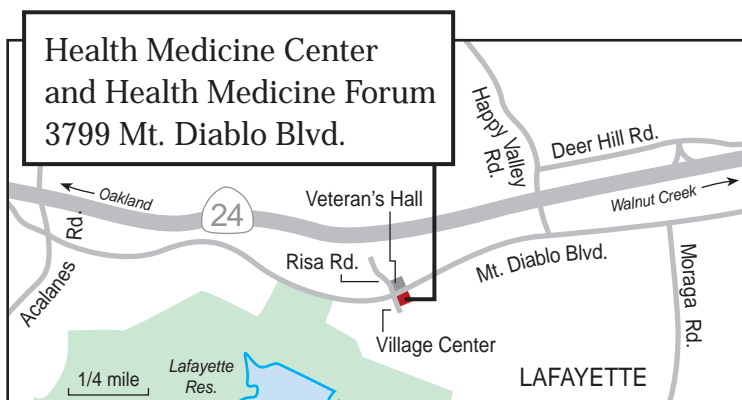
To preregister

Send check, payable to "HMF," to the address above in care of "HMF". Checks must be received by March 16 to receive the pre-registration discount. Please indicate if you will join us Friday and/or Saturday.

Join us
Friday, too!
for an
intro/mini-session
Fri., March 30th
7- 9 pm

at the Health Medicine Center

\$15 or FREE
if you attend
Saturday's workshop



About Julie Motz

- Author of *Hands of Life*, which has been translated into four languages
 - Pioneer in the effects of prenatal experience in later life
 - Has been profiled on Dateline, CNN, The NY Times Magazine, Ladies' Home Journal
 - Partnered with Mehmet Oz, MD doing research using energy medicine
 - An outstanding teacher who has done workshops for the past 8 years
- juliemotz@fourenergies.com • 415-256-2528