

Health Medicine Forum

Presents:

Rethinking Wellness Series

STRESS: IMAGINATIVE SOLUTIONS April 27, 2010

Networking: 6:45 pm

Presentation: 7:15 pm

An evening to explore:

- The nature of modern stress and the critical role of the imagination in creating and reducing stress
- An approach to "worrying well" as a key element in dealing with stress
- A group guided imagery experience
- Discovering our capacity to reverse the stress response in sixty seconds
- Long term techniques for stress reduction



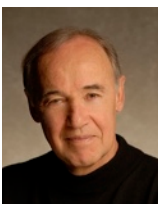
David McArthur, JD:

- Ordained Unity Minister
- One of few authorized to train in HeartMath, a scientific technique for stopping our stress
- Over 30 years of experience in the exploration of tools that bring relief from stress



Marty Rossmon, MD:

- Author of *Guided Imagery For Self-Healing and Fighting Cancer From Within*
- Board-certified acupuncturist
- Emmy Award winning PBS producer/director
- International speaker



Moderator – Len Saputo, MD:

- Founder of HMF and HMC
- Radio and TV personality
- Motivational speaker
- Author of *A Return to Healing*

Health Medicine Forum

A non-profit educational foundation of health care providers and community leaders dedicated to producing educational events, certifications, programs, Integral Healing Groups, and to the advancement of Integral Health Medicine which is based on integrative, holistic, person-centered care.

Visit www.HealthMedicineForum.org for upcoming events.

**2 CEUs for RNs
CEU #12815**

Leshar Center
for the Arts

1601 Civic Drive Walnut Creek
www.lesherARTScenter.org

Tickets: www.LesharArtsCenter.org

(925) **943-SHOW**
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\$5 Students and Seniors
\$10 Health Medicine Forum members*
\$15 Advance/\$20 At door (non-members)

* HMF members use code: wellness