



# Join us!

**For a day to explore the integration of holistic practices into our daily lives**



## Embodying Holistic Living: tools for Inspiration & Change

**Saturday, March 21, 2015**

**9 a.m. – 5 p.m.**

**Cost – \$75**

Rauenhorst Ballroom, 3rd floor, Coeur de Catherine  
St. Catherine University, St. Paul Campus

### **Featured speakers:**

Sounding Your Health - Susan M. Okins MA and Julieanne Carver  
Speaking Your Truth - Kathy Parrish, RN, MA  
Power of Mind / Essence of Spirit - Kathleen Watson, MBA & Curtis Christian, MA  
Core Obstacles in Healing - Jason-Aeric Huenecke, CCH, RSHom (NA)

### **Breakout sessions:**

Art of Powerful Listening - Stasia Johnson Steinhagen, MA  
EFT Tapping: An Evidence-Based Approach to Emotional Clearing - Valerie Lis, MA  
The Spiritual & Energetic Components of Essential Oils - Jennifer Galvin-Anderson, MA  
Mindfulness: A journey to Happiness & Peace of Mind - Julie Anne Larkin, MA

Lunch and snacks are included!  
Continuing Education Units will be available.

**To register visit: [stkate.edu/holistichealth](http://stkate.edu/holistichealth)**