

Integrative Health and Healing Overview

Anoka-Ramsey
Community
College
Fall 2009



**Wednesday,
September 30, 2009
8:30 a.m.—11:30 a.m.
\$49 per person
Course # 1172
Class held at
Anoka-Ramsey
Community College,
Training &
Development Center**

50% off tuition up to \$1,200 for those that are unemployed. Visit our Web site at www.AnokaRamsey.edu for qualifications or call 763.433.1279 for more information.



Instructor: **Valerie Lis,**

Conducts seminars and workshops on holistic health topics. In addition to teaching college students and health professionals, she is also a frequent radio and TV guest and is involved with numerous Integrative Health Therapies. Valerie provides amazing self-empowering tools to her clients and audiences, supporting positive change in just minutes.

In this introduction class you will learn about Integrative Health & Healing and how important it is for the balance of body, mind and spirit so that you can enhance your presence and care of your clients/patients. You will have the opportunity to experience various holistic healing modalities while learning techniques and skills to use for your own self care and with others. Learn how hospitals and long-term care systems are incorporating these therapies into their culture. You will:

- Increase your understanding of the field of Integrative Health & Healing.
- Experience several holistic healing modalities including guided imagery, reflexology, essential oils, healing touch, qigong and others.

Learn the importance of self-care of mind, body and spirit to be more fully prepared to take care of patients/clients.

Register Today!

visit www.anokaramsey.edu/cect
or call 763.433.1200

For more information contact: Sheila Judd, Director,
Continuing Education and Customized Training 763.433.1402 or
sheila.judd@anokaramsey.edu. *Program can be customized upon request.*