

Wellness Across the Age Spectrum

Strategies for Wellness

You are cordially invited to join us Thursday evening, September 20, 2012, as our group of experts discuss **Strategies for Wellness**.

Stress – arghh!!!!!!!!!!!!!!

Stress is a physical, mental, and emotional response to life's changes and demands. Stress can be experienced at many different levels. We might not even be aware of the low level stressors in our lives. Occasional, moderate stress is not uncommon and can even be positive, as it challenges us to act in creative and resourceful ways. But high levels of stress can be harmful and can lead to health issues.

We live in a fast paced world, where multi-tasking is the norm for many of us. High levels of stress can come from our hectic schedules and if not dealt with effectively, this stress can contribute to poor health.

We invite you to learn methods to help you stop and smell the roses. Our panel of experts will show you ways to reduce the stress in your life. From the power of scent and herbals, to the wondrous abilities of music and pets, we can all learn ways to cope and feel better.

This event is free and open to the public; however, registration is required. To register, please call the automated registration line at 419-291-7901, or **email carrie.niemic@promedica.org by Monday, September 17, 2012**. Confirmations will not be sent for the Thursday evening activity. For more information about this event, call the ProMedica Continuing Medical Education Department at 419-291-4650, 8 a.m. – 4:30 p.m., Monday through Friday.

Faculty

Aromatherapy

Debra Reis, MSN, RN, ACNP
Coordinator, Healing Care Program
ProMedica Cancer Institute
Outpatient Oncology
Nurse Practitioner, Holistic Health, Independent
Toledo, Ohio

Herbals

Mounir Elkhatib, MD
Director, The Great Lakes Center for
Integrative Medicine
Toledo Clinic
Clinical Associate Professor
The University of Toledo College of Medicine
Toledo, Ohio

Music Therapy

David Putano, HPMT, MT-BC
Music Therapist
Toledo, Ohio

Pet Therapy

Pam Cureton, LMT
Toledo, Ohio

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Wellness Across the Age Spectrum

Evening Event for the Community Thursday, September 20, 2012

This activity is free and open to the public, however registration is required by **Monday, September 17, 2012**.

- To Register:**
- MAIL Complete this form and mail to: ProMedica CME Dept., 6444 Monroe St., Suite 1, Sylvania, OH 43560.
 - EMAIL E-mail carrie.niemic@promedica.org with the name & date of the conference and name, address, phone number, and e-mail address for each person you wish to register.
 - PHONE Call the automated registration line at 419-291-7901, state the name and date of the conference and the name, address, and phone number of each person you wish to register.

If you need additional information, please call Debbie Marinik at 419-291-4176.

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Check here if you DO NOT wish to be added to future mailing lists for our public events.

ProMedica's

Continuing Medical Education Department Presents

Wellness

Across the Age Spectrum

Evening Event for the Community

Thursday, September 20, 2012 • 6:30 – 8:30 p.m.

ProMedica Toledo Hospital
Donald V. Kellermeyer Medical Education Center Auditorium
2113 Hughes Drive • Toledo, Ohio 43606

ProMedica
Continuing Medical Education Department
6444 Monroe Street, Suite 1
Sylvania, Ohio 43560

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