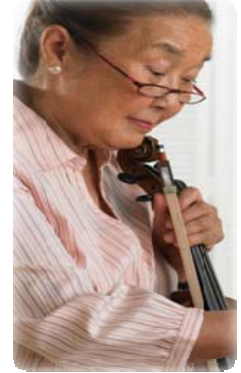
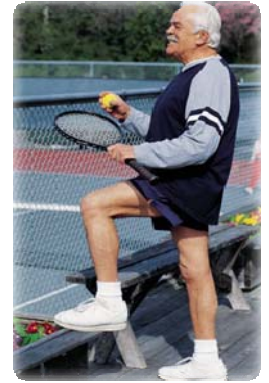
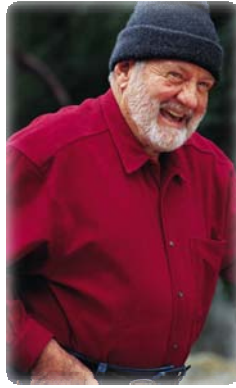


Health and Wellness Lecture Series 2010-11



Date/Time	Lecture	Mount Royal University Presenter
Sep 2, 2010; 2-3 pm	Life, Death and Grief: Finding a balance that works for you	Janet Arnold, MSc; Registered Social Worker Student Counselling – MRU EnCana Wellness Centre
Oct 7, 2010; 2-3 pm	Am I Losing my Mind?	Joyce Woods, PhD; Associate Professor School of Nursing; and Sandra Gordon, MN; Assistant Professor School of Nursing
Nov 4, 2010; 2-3 pm	The ART of Relaxation	Sonya Flessati, PhD; Registered Psychologist Student Counselling – MRU EnCana Wellness Centre
Dec 2, 2010; 2-3 pm	Sound Therapy	Sharon Carne, MFA; Sessional Instructor MRU Conservatory
Jan 6, 2011; 2-3 pm	Breathing for Well-being	Kathleen Ludwig, BA, CYT; Sessional Instructor MRU Centre for Complementary Health Education
Feb 9, 2011; 2-3 pm	Personal Storytelling	Kelly Hewson, PhD; Associate Professor Department of English
Mar 3, 2011; 2-3 pm	Exercise and the Brain	Marianne Rogerson, PhD; Assistant Professor Coordinator Studies in Aging
Apr 7, 2011; 2-3 pm	3 Minute Stress Busters	June Johnston, MSW; Energy Therapist Optimal Therapies – MRU EnCana Wellness Centre

Lecture descriptions are provided on the reverse

**Lectures take place at Garrison Green Seniors Community Theatre
3028 Don Ethell Boulevard SW, Calgary, AB**

Sep 2, 2010

Life, Death and Grief: Finding a balance that works for you

During this session we will take a psychological approach as we consider aspects of living and dying well. We will talk about factors present in "healthy aging" and "dying well" - including the importance of developing and maintaining social relationships, strategies for increasing self-awareness, ways to honour those who have died before us, and creating opportunities to connect to the meaning and legacy of our own lives.

Oct 7, 2010

Am I Losing My Mind?

Join us for a lively discussion about what we know about how our brain grows old, about what we know that contributes to healthy brain ageing, and what remains a mystery.

Nov 4, 2010

The ART of Relaxation

This session will focus on engaging participants in simple relaxation and mindfulness exercises that can be beneficial in the management and mastery of stress. Please wear comfortable layered clothing.

Dec 2, 2010

Sound Therapy

Sound Healing, as the name implies, is the use of sound to create balance and alignment in: the physical body, the energy centers called "chakras", and/or the etheric fields. Explore the use of drums, crystal bowls and our voices as creative expressions of wellness.

Jan 6, 2011

Breathing for Well-being

In this presentation, we will learn easy breathing and concentration techniques to relax our bodies and minds. We'll practice together, to provide an immediate experience of the teaching and to support participants to know how to do this on their own.

Feb 9, 2011

Personal Storytelling

We are all full of stories, of experiences, big and small, that shape who we are. Come with your rich histories and blank pieces of paper (or computer screens); and together, let's try and capture some moments that made us the people we are.

Mar 3, 2011

Exercise and the Brain

There is growing body of research to suggest that being physically active is good for your brain. This presentation explores how aerobic activities improve cardiovascular fitness and how improvements in cerebral blood flow have the potential to increase brain fitness.

Apr 7, 2011

3 Minute Stress Busters

Stress affects every system in the body. Would you like to learn how to REPROGRAM your response to stress rather than just manage it? In this workshop you will learn how your body's subtle energy system moderates your response to stress and you will take away practical, simple and effective energy - based methods that you can use immediately to decrease your stress - in 3 minutes or less - really!