

Finding Serenity and Renewal 6-session Stress Reduction

Wednesdays 7 – 8:30 pm beginning October 19, 2005

This six-session group will help each participant find renewal, balance and healing. We will explore a wide range of relaxation, meditation and stress reduction approaches, and support each other in making these skills part of our everyday life.

Benefits experienced by past participants include:

- Decreased anxiety
- Improved sleep
- Feeling more in control
- Finding balance
- Healing of relationships

Gloria Deckro, MD trained in Family Practice in England and has practiced and taught meditation for more than 25 years. Until recently Gloria directed training programs for the Mind/Body Medical Institute's Education Initiative based at the Beth Israel Deaconess Hospital. She brings together the science of mind/body medicine and wisdom of spiritual practice to help people to improve their own health and well-being.

Gloria has provided workshops, trainings and retreats for diverse audiences both locally and nationally.

Fee \$170 pre-registration required. Call or e-mail for further information, or mail registration to:

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Stoughton, MA 02072
Tel: 781-344-9814
gdeckro@msn.com

NAME: _____

ADDRESS: _____

Phone Wk: _____ Phone Home: _____

E-mail address: _____

Fee enclosed (payable to Gloria Deckro) \$170 : _____