

Pathways to Healing

10-Sessions for Health and Well-being
Monday 10 am – noon beginning March 14, 2005

Take control of your health using mind/body and stress management techniques.
Reconnect with yourself using meditation and creative practices.
Support each other in the healing process.

This program complements medical treatment.

Participants report:

- Feeling less anxious
- Sleeping better
- Reduction in pain
- Experiencing increased energy
- 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 Medical Center. 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.

Fee \$30 per session plus \$30 for materials

Call or e-mail for further information, or mail registration to:

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781-344-9814
gdeckro@msn.com

NAME: _____

ADDRESS: _____

Phone Wk: _____ Phone Home: _____

E-mail: _____

Fee (payable to Gloria Deckro) full \$330 : ____ or deposit \$60: ____