

APRIL 6, 2009

What: Women's Wellness Workshop
When: May 1 – 2, 2009 (Friday, 6 – 9 pm; Saturday, 9 – 5 pm)
Where: Creative 360, 1517 Bayliss Street, Midland
Cost: \$99/\$89 members. Register by April 27.
Information: Colleen Reed at creed@becreative360.org or 989-837-1885

[Midland] – Women of all ages are invited to a wellness workshop May 1 and 2, designed to help them recapture a sense of flow and ease with change, and respond with grace to whatever life has to offer. The goal of the workshop is to prepare women to face the future with newly discovered strengths. Workshop activities are dedicated to self-care—a chance to slow down, reconnect with self and others, and reflect. The broad variety of experiences in art, movement and conversation includes Nia (the joy of movement), henna painting, and painting as process. Speakers will address finding the will to eat healthfully and tips for seeing “What’s Right with the World.”

Attire: comfortable clothes that permit active movement. Tuition includes all activities, art supplies, gourmet raw lunch on Saturday, snacks, drinks, and a handbook to take home.

About the Instructors

Stephanie Ciriha has a technical background in research and development, and a passion for creativity. Six years of experience as a certified Six Sigma Black Belt in innovation and problem-solving at The Dow Chemical Company honed her skills in communication and group facilitation. A certified life coach and yoga practitioner, she enjoys re-awakening the joy of movement and creativity in others through teaching the Nia Technique, an intelligent approach to fitness. She directs *Facing Forward: Journey into Womanhood*, a creativity mentoring program for teens at Creative Spirit Center.

Darlene Cyr is an accomplished henna painting artist and the mother of the late Morgan Holsinger, whose henna painting artistry draw many devoted customers to her booth at past summer Artists' Markets in Midland.

Sarah Gorman, a native of Texas, graduated from Texas Christian University and earned a master's degree in American literature from Duke University. She has taught English classes at Duke University, the University of North Carolina at Chapel Hill, Michigan State University, and Northwood University. She is an experienced group facilitator who has taught communication and listening skills to diverse groups. She is Creativity Director of Creative Spirit Center in Midland MI and has background in non-profit management, international law, public health, and publishing.

Kim Palka, ND, graduated from the Southwest College of Naturopathic Medicine in Tempe, AZ. She holds her Naturopathic Physician License from the State of Washington Department of Health. She has further training in BioCranial Therapy, Reiki, therapeutic massage and yoga. Dr. Palka's mission is to support people in their

