



FOR IMMEDIATE RELEASE

January 15, 2009

What: *Take Charge of Change: A Women's Wellness Weekend*
When: February 6 – 8, 2009
Where: Creative Spirit Center, 1517 Bayliss Street, Midland
Cost: \$160.00
Information: Call 989-837-1885 or visit [www:creativespiritcenter.org](http://www.creativespiritcenter.org)

[Midland] – The *Take Charge of Change* weekend at Creative Spirit Center will teach women how to meet the uncertainties of life with strength and resilience. Effectively meeting change, whether chosen or imposed from without, challenges us to invest in ourselves -- our relationships, health, and creative expression. Participants will recapture a sense of flow and ease with change, learn to respond with grace to whatever they are facing, and nurture the mental, physical, emotional, and spiritual self through dance, connection, art, self-reflection, healthy eating, and movement. The goal of the weekend is to prepare women to face uncertainty, stress, even loss of a job, with strengths newly discovered.

Hours: Friday, February 6th, 7 – 10 pm; Saturday, February 7th, 10 am – 5 pm; and Sunday, February 8th, Noon – 5.30 pm. Attire: comfortable clothes that permit active movement. Tuition includes all activities, art supplies, healthful vegetarian meals, snacks, drinks, and a handbook to take home. Registration for Friday only: \$50; Saturday only: \$85; Sunday only: \$65. Limited lodging at local homes is available for out-of-town participants. Registration deadline: Friday, January 30th.

About the Instructors

Stephanie Cirihal 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.

Andrea Deering is a writer, editor, life coach and graduate of Alma College. An experienced facilitator of women's retreats for wellness, healing, and growth, she is facility coordinator at Seton Cove retreat center at St. Mary's of Michigan hospital in Saginaw. Her profile of Stephanie Cirihal will appear in the February 2009 issue of **Tri City** magazine.

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 most recently at 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.

Janet Love has had a lifelong involvement with some type of movement of the body. She studied dance from an early age, studied with a professional dance company, and worked as personal trainer with the goal of helping people improve the quality of their life through exercise and diet. Her discovery of yoga opened a world of movement and process with a completeness that she says she had never before experienced, a sacred journey bringing her home to herself. She is a yoga instructor certified by the Kripalu Institute and has studied with Devarshi Steven Hartmana and Sudha Carolyn Lundeen. Her students at Creative Spirit Center return to her yoga classes again and again.

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 individual quests for their own optimal health. *WellSpring* Naturopathic Medicine, her practice in Midland, serves adults in this way through education, cooperative planning, and natural therapeutics.

About Creative Spirit Center

Creative Spirit Center is a not-for-profit community arts organization founded in 1994. The Center's mission is to create an environment for people of all ages to experience the creative process through ongoing classes, conferences, concerts, speakers and outreach programs; and its goal is to enhance the development of physical, psychological and spiritual wellness through the arts and humanities.

Printed Winter/Spring 2009 schedules showing all classes and events at Creative Spirit Center are available at no charge. Telephone 837-1885 to have schedules delivered to your business or location, or mailed to your home.

Contact: Colleen Reed creed@creativespiritcenter.org 989-837-1885
