

FREE COMMUNITY PROGRAM

BODY, MIND, SPIRIT: MAXIMIZING YOUR POTENTIAL

Hear from leading experts in the health and wellness fields and learn the keys to ensuring a healthy mind, body and spirit at this FREE community program sponsored jointly by UCLA Health System and the YWCA Santa Monica /Westside.

Saturday, April 28

8 am to 3 pm

UCLA Medical Center, Santa Monica

1250 16th Street in Santa Monica

Keynote Address:

“The Five Tools of Empowerment”

Joan Moran

Author, Speaker, Blogger

Interactive Morning and Afternoon Workshops include:

- Mastering Resilience
- Brain Health
- Acupressure for Common Ailments
- Mindful Awareness
- Make Sense of Your Medical Numbers
- Get Your Plate in Shape
- Caregiver Support
- Spirituality and Well-Being

Integrative therapy demonstrations of alternative approaches, including yoga, Reiki, meditation and aroma therapy

Continental breakfast and lunch included.

Panel Discussion:

“Community Engagement – From Career to Volunteer”

For reservations or more information, call **(800) 516-5323**.

Free parking available at 1311 16th Street.

UCLA Health System

