

**St. Catherine of Siena Mental Health Ministry Team
Educational Forum**

**Thursday, May 23, 2019 7:00-9:00 PM
St. Catherine of Siena Parish
Music Room, Victoria Hall
814 NE 85th Street
Seattle, WA**

Got Stress? Natural Medicine Strategies to Survive (and Thrive?) during the Ups and Downs of Life



Each of us have a unique body, mind and spirit which means that the type of “stress” that we experience and the way that it impacts our body is also unique. This discussion with Naturopathic Physician, Ara Walline, ND will focus on ways to build a solid health foundation that will allow us to weather the challenges that life presents. We will explore the healing powers of sleep, food, water, breath, movement, love and environment and how natural medicine can help us to nourish our body when stress causes these fundamentals of life to get out of balance.

RSVP: Trez – 206-930-2739 or bucklandmike@hotmail.com