

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

Thursday, November 14, 2019 7:00-9:00 PM
St. Catherine of Siena Parish
Music Room, Victoria Hall
814 NE 85th Street
Seattle, WA

Biofeedback for Mental Health Conditions



Please join Dr. Tema Gochberg, ND, for a discussion on use of biofeedback for mental health conditions and to help build resilience in daily life. In this interactive experience, you will learn about the different ways stress can impact our minds and bodies, as well as practice hands-on tools to relieve that stress. Leave with a richer understanding on how to support yourself, family or friends to discover ways biofeedback can assist an individual in promotion of good mental health. Refreshments provided, and free chocolate!

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