

## Wellness Day - FNVWS/FCASV Conference

**Tuesday, June 17      1:30 – 3:00**

### **Anamargret Sanchez – Yoga 101: Freedom for the Mind & Body**

Yoga practice provides freedom for the body and mind. In this workshop we will explore simple breathing and moving exercises to soothe the mind and body. Yoga has been shown to alleviate symptoms of anxiety, high blood pressure and all matters related to stress at work and in our everyday life. Learn simple techniques you can use at home to let go of your day and nurture yourself. No prior yoga experience is necessary. Please wear comfortable loose fitting clothing, and don't eat at least 1 ½-2 hours before the workshop.

### **Master Chufei Tsai – Mind Acupuncture: A Journey to Wholeness**

Neuro-science has proven what Eastern science has known for centuries: the neural pathways in the brain can be re-routed to create healthier ways of thinking and being. This is accomplished through breathing exercise, Eastern physical exercise, meditation exercises, creative activities and additional teaching techniques. Mind Acupuncture gives the learner the tools to deal with the hectic life so many of us lead. This workshop demonstrates how to relieve anxiety, depression, stress and shows the participant how to live a healthier, more manageable and productive life.

### **Dr. Charles Russo & Darlene Moppert – The “Fort Lauderdale Diet: the Cardiologist’s Solution to the Calorie Calamity**

Good news! You still may enjoy eating. Cardiologist, Dr. Charles Russo, and Dietician, Darlene Moppert, will translate the dos and don'ts of healthy eating into a pleasurable meal plan. Variety and moderation have been called the “Golden Rule” of good nutrition. She will clarify the best food choices for your heart and overall health. She will take the mystery out of nutrition.

**Tuesday, June 17      3:15 – 4:45**

### **Brian Ogawa – Morita Therapy to Address Compassion Fatigue and Stress**

Morita therapy is a holistic and transcultural approach to health and wellbeing that is practiced internationally. Its roots are in modern psychiatry and traditional Eastern lifeways. Participants will learn principles of Morita therapy to meet the stressful challenges and compassion fatigue that victim service providers encounter. The workshop will be interactive and experiential.

### **Angelica Gonzalez & Angie Reyna – Fly Away with Me: Painting and Flying Kites**

Kites have long been used as instruments that help communities come together. They highlight communication, spirituality, and creative expressions within ourselves and others. Join us in this workshop to paint and fly kites of freedom and peace as we play, paint and set our creativity free. There is no experience required, just an open heart as we believe we are all creative artists. Ready, set, fly away!

### **Erika Smith – Maximize 2008: Strategies for Beginning or Improving Your Exercise Program**

Self-care is essential for professionals who provide services to trauma survivors. In this workshop, participants will learn strategies for how to safely and effectively begin an exercise program or improve their current exercise program. Participants of all skill levels can benefit from this training!