



# INTEGRATIVE HEALTH EDUCATION CENTER

## NORMANDALE COMMUNITY COLLEGE



*invites you to an*  
**Explore the Healing Arts**  
*with Valerie Lis, MA*

**Thursday, January 19, 2012 • 6:00pm - 9:00pm • FREE**  
**Normandale Community College • RM: A 2566**

Many people become interested in Healing Arts because of health challenges. Others are simply curious. With hundreds of holistic health techniques available, it can be difficult to choose.

This FREE interactive workshop helps unravel some of the confusion. We play with aromatherapy, reflexology, applied kinesiology, yoga, acupressure, music, EFT, and others! You will try more than a dozen therapies in all. You will gain an increased understanding of the Healing Arts field, receive a variety of ideas to improve your health, and experience three full hours of learning and fun!

**Who Should Attend:**

Healthcare Professionals, Integrative Medical Teams, Holistic Practitioners, Wellness Coordinators, Mental Health Professionals, Educators, Human Resource Directors, Health Insurance Specialists, and Individuals exploring ways to support their own health & wellbeing or that of a loved one.

**Techniques Covered:**

- Guided Imagery
- HeartMath®
- Aromatherapy
- Breathwork
- Superbrain Yoga®
- Laughter
- Music
- Acupressure
- Muscle Testing
- Educational Kinesiology/ BrainGym
- Psych-K®/BrainGym® Blend
- Emotional Freedom Techniques®
- Qigong (if time)
- Reiki (if time)
- Massage (if time)



**Valerie Lis** conducts seminars on self-healing and offers one-on-one and phone sessions in Emotional Freedom Techniques (EFT). Owner of Courses for LIFE, she is on the faculty of two colleges teaching Integrative Health and Healing, and presents training seminars to health and business professionals. Valerie provides amazing self-empowering tools to her clients and audiences, supporting positive change in just minutes!

**To register or for more information,**  
**call (952) 358 - 8343 or visit <http://normandale.augusoft.net>**