

wellness school

COME GET HAPPIER!



University of Great Falls

A private, Catholic, liberal arts university

1301 20th Street South | Great Falls MT 59405

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UNCOMMON
courage

UNIVERSITY OF GREAT FALLS

wellness school

COME GET HAPPIER!

WHEN:

Tuesdays from 6 - 8 p.m.
October 19, 26
November 2, 9

WHERE:

University of Great Falls
Absolon Lounge in the Student Center
1301 20th Street South
Great Falls, Montana 59405

COST:

General admission for entire series: \$40
Individual lecture tickets: \$15

INFO:

For tickets and additional information, please call
406-791-5389 or email sbickford01@ugf.edu

BROUGHT TO YOU BY:



University of Great Falls
Department of Psychology and Counseling

SPEAKERS & TOPICS

Tuesday, Oct. 19, 2010 – Body Tune-Up

Julia Becker, MFA, Yoga
Christell Benson, PMT, Massage

Improve your happiness by working with your body. You will spend the first hour engaging in simple, relaxing yoga exercises and the second hour learning how to perform basic massage techniques. The workshop will move you to a place of relaxed bliss. No yoga experience is required.

Tuesday, Oct. 26, 2010 – Mind/Body Tune-Up

Marinn Pierce, Ph.D., Imagery and Breathing

Use guided imagery and controlled breathing to enter into a more relaxed state. Learn how to use a progression of mental images and controlled breathing exercise to focus your mind. Link your mind with your body and enhance your state of relaxation. This workshop will take you on a two-hour mini-vacation.

Tuesday, Nov. 2, 2010 – Relationship Tune-up

Karen Hendricks, Ph.D., Improving Your Relationships

Improve the relationships in your life. Take your relationship to its highest potential by using practical questionnaires and exercises to help you expand your happiness. Bring a partner for this down-to-earth workshop that will re-energize your relationship.

Tuesday, Nov. 9, 2010 – Eating & Creativity Tune-Up

Gary Christopher, Ph.D., Improving Nutrition
Dana Del Guerra, MSC, Increasing Creativity with Art
University of Great Falls Master of Science in Counseling students,
Wellness Poster Sessions

These two workshops center on healthy eating and increasing your creativity. Dr. Gary Christopher leads us in a session about improving our eating for energy and health. Dana Del Guerra leads us in a creativity workshop to channel the artist that lives inside of all of us. Before and after the sessions, University of Great Falls' Master of Science in Counseling students will present their posters about how to achieve wellness.