

Registration Form

Glenwood Lyndale Health Realization Training Center

Please fill out **both sides** of this registration form completely and mail with payment to: Glenwood Lyndale Health Realization Training Center, 3501 Chicago Avenue South, Minneapolis, MN, 55407.

Please indicate which course(s) you would like to attend:

Level I Training Cost: \$200

- ☐ Offering #1
- ☐ Offering #2
- ☐ Offering #3

Level II Training Cost: \$200

- ☐ Offering #1
- ☐ Offering #2

Supervision Series. Cost: \$200

- ☐ Offering #1

Seminars Cost: \$50/Seminar or
\$250/Series

- ☐ Seminar #1
- ☐ Seminar #2
- ☐ Seminar #3
- ☐ Seminar #4
- ☐ Seminar #5
- ☐ Seminar #6

Total amount due: \$ _____

Glenwood-Lyndale Health
Realization Training Center
is a program of:



GLENWOOD-LYNDALE HEALTH REALIZATION TRAINING CENTER

Update from Cindi Claypatch

We continue to feel grateful for the opportunity to partner with the various agencies and conference sponsors to provide diverse training experiences. Seeing this understanding impact numerous individuals, groups and worksites gives it its credence. We look forward to continuing to build upon our existing relationships and welcome the opportunity to develop new ones.

In an effort to reduce our costs and to be environmentally conscious, we ask that you send us your e-mail address if you have one. We look forward to hearing from you soon!

2005 Training Schedule

Level I: "Bringing Health to Life"

This course offers an opportunity for individuals to develop a personal understanding of the Health Realization philosophy. Through this personal understanding, people report having greater impact and ease with their clients, families and co-workers. They are able to maintain their own sense of well-being and access the health in others.*

Offering # 1 February 9, 16 & 23
Offering # 2 June 14, 15 & 16
Offering # 3 September 20, 27 & October 4

- Trainings are from 9:00 a.m. - 4:00 p.m.
- Cost is \$200.

2005 Training Schedule (cont.)

Level II: "A Closer Look"

This course is designed for individuals who are interested in deepening their understanding of the principles of Health Realization by exploring its application. We will focus on a variety of different topics, such as parenting, relationships, leadership, working with difficult people, mental and chemical health, etc. Participants should have prior training in Health Realization.

Offering #1 June 29, July 13 & 27
Offering #2 November 2, 9 & 16

- Trainings are from 9:00 a.m. - 4:00 p.m.
- Cost is \$200.

Supervision Series

This five session series provides an opportunity to further explore the Health Realization philosophy and receive feedback regarding personal and professional developmental processes. Through education, reflection, exploration, dialogue and case consultations, participants will discover new creative, innovative ways to experience impact in their work and personal lives. Participants should have prior training in Health Realization.

Offering #1 March 17, 31; April 11; May 5 & 18

- Training is from 4:00 - 7:00 p.m.
- Cost is \$200.

** If you are interested in attending evening sessions for Level I, please contact us to let us know at (612) 823-5973 or e-mail at moreaur@puc-mn.org and we will create a class depending on level of interest.*

2005 Seminars

#1: Fostering Resilience in Challenging Youth and Teens

February 15, 2005 • 9:00-12:30pm

Many youth today have collected or developed challenging habits that make it hard to succeed in school, at home, and in their communities. This seminar is designed for parents and professionals to explore the power of fostering resilience in youth. Learn ways to move from reacting to their risk factors to accessing and promoting their health and wellness.

#2: Articulating Health Realization in a Nutshell

April 13, 2005 • 12:30-4:00pm

Many people have benefited both personally and professionally from understanding Health Realization, but struggle with being able to articulate it to make sense to others. This session is designed to assist you in finding words to use when writing or speaking of Health Realization. As people are able to articulate this understanding they experience greater success at home, with clients, writing proposals,improving worksites, etc.

#3: Cycles of Health

June 23, 2005 • 9:00-12:30pm

Understand the four cycles of health by exploring the value of each stage. See the importance of moving through all stages, each offering a gift for your personal evolution. Discover what inhibits growth so you can see ways to help yourself and other's to break old patterns and experience new possibilities.

#4: Being Whole/ Living Your Purpose

July 19, 2005 • 9:00-12:30pm

All people come into the world with gifts and purpose. As people proceed on their journeys, they develop habits, illness and self-doubt, indicating that they are off course. This seminar will explore ways to reconnect to Life's purpose and discover the value of our journeys. We will look at what happens when we don't live our life's purpose, and more importantly, what happens when we do!

#5: Heart Matters

August 17, 2005 • 9:00-12:30pm

When challenged, people often pull in, close down, and protect their feelings and heart space. This can lead to many unhealthy habits and dependencies. Rather than being cautious, we can explore the value of listening, connecting and working behind the scenes with an open heart. Learn the benefits of applying this skill to your personal, professional, and physiological lives.

#6: Fear: Fact-or-Choice

October 24, 2005 • 12:30-4:00pm

As a result of the times we are living in, some people have responded by living in fear, while others are experiencing great personal and spiritual growth or recovery. This seminar will explore how free will vs. fear creates different outcomes in personal, professional, community, and global realities.

Cost: \$50/Seminar or \$250/Series

CEUs are available for some seminars.

You can **contact Cindi Claypatch or Rachel Moreau Stewart** at the Training Center by phone at **(612) 823-5973** or by e-mail at moreaur@puc-mn.org.

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Glenwood Lyndale Health Realization Training Center, 3501 Chicago Avenue South, Minneapolis, MN, 55407.

Name: _____

Address: _____

City: _____

E-mail: _____

State: _____

Tel: _____

Zip: _____

Payment Information: Total amount (from other side): \$ _____

☐ My check is enclosed (Please make checks payable to Pillsbury United Communities)

☐ Please bill my credit card (Visa, Mastercard, American Express or Discover)

Credit card number: _____

Expiration Date: _____

Signature: _____