

REGISTRATION FORM REQUIRED BY WEDNESDAY, JANUARY 19, 2005

For Office Use:
 Deposit _____
 Ck. # _____
 Balance: _____
 Ck. # _____

NAME: _____ HOME PHONE: _____
 ADDRESS: _____ CITY, STATE, ZIP: _____

PLEASE CHECK WHICH WORKSHOPS YOU PLAN TO ATTEND:

- ENTIRE PROGRAM \$20.00 \$_____
- LUNCH \$7.00 \$_____
- 1:00 SPEAKER \$5.00 \$_____
- 2:00 P.M.—WORKSHOP I \$4.00 \$_____
- 3:00 P.M.—WORKSHOP II \$4.00 \$_____

CHOOSE ONE FROM:

- Workshop I at 2:00 p.m.**
1. _____ Acupuncture
 2. _____ Taize Worship & Prayer
 3. _____ Biofeedback
 4. _____ Energy Healing

CHOOSE ONE FROM:

- Workshop II at 3:00 p.m.**
1. _____ Acupuncture
 2. _____ Taize Worship & Prayer
 3. _____ Biofeedback
 4. _____ Energy Healing

CHILD CARE PROVIDED; HOW MANY CHILDREN? _____ THEIR AGES _____

PLEASE MAKE CHECKS PAYABLE TO **FIRST UNITED METHODIST CHURCH**

& MAIL TO: 1032 MAPLE AVE., DOWNERS GROVE, IL 60515

OR RETURN TO CHURCH OFFICE



*The
 Healing
 Power
 Within*

Sunday, January 23, 2005

Lunch~Speakers~Workshops

Keynote Speaker:

“All Stressed Up and Nowhere To Go”
Carol Lynn Lenart PhD, LCPC, BCIAAC

Workshops I & II:

- Biofeedback** with Carol Lynn Lenart
- Acupuncture** with Sheng-Li-Wang
- Energy Healing** with Lindi Sue Hofstra
- Taize Prayer & Worship** with Janet Kings

Registration required by Wednesday, January 19, 2005

First United Methodist Church
 1032 Maple Avenue
 Downers Grove, IL 60515

Phone: 630-968-7120
 Fax: 630-968-4901
 Email: dgfumc@dgfumc.org



*The
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 Power
 Within*

Sunday, January 23, 2005

Lunch~Speakers~Workshops
 12:15—12:50 Lunch

1:00 p.m. Keynote Speaker:

“All Stressed Up and Nowhere to Go”
Carol Lynn Lenart PhD, LCPC, BCIAAC

Workshops I & II:

- Biofeedback** with Carol Lynn Lenart
- Acupuncture** with Sheng-Li-Wang
- Energy Healing** with Lindi Sue Hofstra
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*Sponsored by the **Wholly Health Group:***

*Health & Wellness and
 Mental Health Ministries*

First United Methodist Church
 1032 Maple Ave. Downers Grove, IL
 630-968-7120

Acupuncture

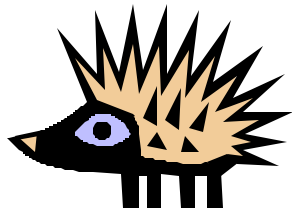
Acupuncture and Oriental Medicine are complete medical systems that have been used to diagnose, treat and prevent illness for over 23 centuries. It can remedy ailments, alter states of mind and enhance recuperative powers. Acupuncture is an energy balance corrector. It mobilizes the body's natural healing ability.

Dr. Wang and his associates will explain the theory behind acupuncture, the type of problems acupuncture addresses and the methods they use.

Sheng Li Wang, OMD, LAC, the founder of Dragon's Life Systems, is a certified practitioner of the American Oriental Bodywork Therapy Association. He graduated from Beijing College of Traditional Chinese Medicine in Beijing, China. He is educated in acupuncture, traditional Chinese herbal medicine and Tui-Na (traditional Chinese therapeutic massage) and is a Tai Qi and Qi Gong Master. (energy work). He has successfully treated a vast array of conditions, including acute and chronic conditions resulting from trauma. Dr. Wang is a highly sought after teacher. He is recognized for his unique style of acupuncture and medical Qi Gong.

Dr. Wang will be accompanied by two of his students, **Chaomei Guo, D.C.** and **Virginia Burns, BSN, MSOM, MBA**. Chaomei is a chiropractic physician who specializes in pain management to relieve stress, trauma, and relax tight muscles; especially from auto accidents. She is a certified Acupuncturist and a Registered Respiratory Therapist.

Virginia is a licensed acupuncturist with over 20 years of experience as a registered nurse. She treats a wide variety of disorders with special interests in cancer treatment and skin treatment. She also does facial rejuvenation.



Mind—Body— Spirit

Integrated Therapies

Mind–Body techniques are educational and experiential in nature, and are designed to complement medical care already being received for chronic stress, illness, pain or anxiety disorders. Carol Lynn Lenart will introduce several Integrated Approaches which are used in restoring a balanced lifestyle. Medical conditions which respond well to management strategies are:

ADD/ADHD

Asthma and Allergies

Colitis (Irritable Bowel Syndrome)

Chronic Pain (Fibromyalgia)

Headaches (Tension & Migraine)

Hypertension

Insomnia

Menopause & PMS Symptoms



Key Note Speaker:

“All Stressed Up and Nowhere to Go”

Carol Lynn Lenart

PhD, LCPC, BCIAC

Carol Lynn Lenart has an extensive background in Mind-Body-Spirit integrated therapies. She has an undergraduate degree in nursing, a Masters degree in Counseling Psychology, and a Doctorate in Applied Behavioral Sciences. Her post-graduate programs include training in Clinical Behavioral Medicine at Harvard Medical School's Mind-Body Medicine Institute and Mind-Body Psychotherapy and Hypnosis. She is board certified in Applied Psychophysiology, Biofeedback and Clinical Hypnosis. She is also a teacher of alternative medicine theory.

Energy Healing

Ask yourself these questions:

Is my neck in knots?

Is my gut always grinding?

Am I breathing correctly?

Will I know when the knots are unwinding?

Lyndi Sue Hofstra, MA will teach you how to make the daily knots and grinding stop through guided meditation, correct breathing, opening your heart chakra, and journaling.

Lyndi Sue became interested in energetic healing and transformative spirituality when she was 13 years old. Her sister thought that Lyndi Sue had healing hands and brought ailing friends and pets to her. Her graduate work at DePaul University in Liberal Arts concentrated on Alternative and Complementary Medicine using Energetic Healing Modalities and Chakras. Along with her hands-on energy healing, she also teaches classes and seminars on the art of healing through energetic awareness of chakras creating improved health.

Biofeedback

Carol Lynn Lenart, PhD, LCPC, BCIAC will introduce you to Biofeedback or Neurotherapy which uses a highly sensitive, safe electronic device to monitor physiologic processes. Biofeedback instruments work like a mirror to help people gain control of their mental and physiological responses. The goal of all biofeedback training is self regulation for improved functioning. Biofeedback is used to help people cope with a host of illnesses. Biofeedback can also help children and adults with ADD or ADHD to modify their brainwave activity to improve attention, reduce impulsivity, and control hyperactive behaviors.

Taize Worship and Prayer



Janet Kings, PhD will present a history of Taize prayer and worship and follow with music to give us an example of what you will experience when you attend a Taize worship service. Taize prayer is about the quietness of spirit and a chance to slow down and meditate on God's presence and goodness. It emphasizes peace and reconciliation with others. It is ecumenical by design. It is simple, repetitive music, scripture readings and extended silence.

Janet is a director of Music Ministries at Grace Lutheran Church in LaGrange. Her music degrees are from the Univ. of Hawaii and Northwestern Univ.