



HEALING THE HEART CENTER



“The only thing greater than the power of the mind is the courage of the heart”

JOIN US

for a one-day transformational journey towards
healing your heart and soul



LEARN ABOUT

- Effects of war on your heart health
- Ways to promote healing by:

Improving heartfelt movement · Eating to reduce stress and improve health

- Engaging in heart healthy social support · Using mind-body techniques
- Living a meaningful and purposeful life

To register go to:

<https://www.eventbrite.com/e/healing-the-heart-center-oregon-tickets-68185044303>

- *Seminars will include morning coffee and tea, a heart-healthy lunch, a workbook with resources for you to continue on your Path well after the seminar, and complementary WSI materials.*
- *A two-day transformational workshop will be conducted in February, 2020, for Veterans interested in a more intensive experience.*






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Join us if you are:

- A U.S. military Veteran war survivor (combat or other war-related duty) experiencing symptoms of stress due to war (posttraumatic stress diagnosis not necessary)
- And, with either:
 - 50 years of age or greater with one risk factor for heart disease (hypertension, hyperlipidemia, diabetes mellitus, or metabolic syndrome)
 - 35 years of age or greater with at least two risk factors for heart disease (hypertension, hyperlipidemia, diabetes mellitus, or metabolic syndrome)
 - Someone that has experienced heart disease that will not preclude participation

Note: *Seminars will include some movement and stretching*



Long Beach, CA
Sept. 28, 2019
Nov. 16, 2019

Louisville, KY
October 19

Portland, OR
Dec. 14, 2019

Albuquerque, NM
January 18, 2020

Path© seminars have been developed and conducted by WSI, led by Michael Hollifield, M.D., Founder, President and CEO of WSI, Valerie Wada, R.N., Treasurer of WSI and a health educator, Kala Carrick, M.A., WSI's Secretary and a therapist and yoga instructor, and Andrea Munoz, M.A., the lead for volunteer services for WSI. Dr. Hollifield is a family physician and psychiatrist and is renowned for development of therapies for trauma and posttraumatic stress in military and civilian war survivors.

Seminars are co-led by Amber Gray, Ph.D., MPH, LPCC, BC-DMT in ABQ, New Mexico, Susan Rhema, Ph.D., L.C.S.W. in Louisville, KY, and Sasha Verbillis-Kolp, L.C.S.W., M.S.W. in Portland, OR.

A short film/web-based filming of the Heart Center will be overseen by a WSI Board Member, David Frizzelle, a Veteran war survivor, and an accomplished producer, musician, and humanitarian. Biographies of all personnel may be found on the WSI website: <https://warsurvivors.org/>

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