



“Walking with God Towards Wholeness”

Saturday, August 24th

8:30am to 4:30pm

Community of Christ Temple, 201 S River Blvd Independence, Mo 64050

Morning Keynote: “Walking with God”

Dr. Rachel Y. Hill, DNP, APRN

When we walk with God and seek the kingdom, we practice presence, allowing us to transform into a healing environment. The added benefits of presence allow for meaningful connections with others, improved mental and physical health and wellness, so we can glorify God.

Morning Sessions	Afternoon Sessions
<p>“Relationships: Marriage and Beyond” Allison Norwood, RNC, EdD</p> <p>1 Thess. 2:8 (NIV) "Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well." Learn some resources and techniques to support relationships in marriage as well as in our friendships with others. Learn to listen, pray, communicate, and have fun in relationships as we journey with God.</p>	<p>“Created to Heal” Janet Everhart, RN, AD</p> <p>Made in the perfect image of God, we are created to be healthy. Our bodies are designed with an innate God-given knowledge of how to self-heal. When God’s design of nutrition, movement, emotional freedom and spiritual peace is honored, then we can live in optimal health. “For I am the Lord, who HEALS you “ Exodus 15:26</p>
<p>“Dark Night of the Soul” Lance Foster, M.S., LPC</p> <p>Utilizing a discussion of pertinent Scripture of the struggles of those who came before us and how they worked towards wholeness, we will find guidance for working towards wholeness today. The session will also offer basic self-care training.</p>	<p>* “Feeding the Spirit” Jenni Ward</p> <p>Learn how your walk with God can continue in the kitchen and at the dinner table! We will be exploring how preparing and eating good food can help you nourish your bodies, minds, spirits and relationships. We will be preparing a treat to share during class.</p>
<p>* “Walking with God...as a Path to Meditation” Kathy Robinson, RN, MSN</p> <p>This session will explore taking walks in various places and ways to find God through meditation. Different places, strategies, and outcomes will be highlighted. Session participants will walk the “Worshipper’s Path,” leading to the Temple sanctuary, and then share walking and meditation experiences.</p>	<p>“Grandparents as Guides for the Journey” Catherine Madden Zahniser MD</p> <p>This session will discuss the importance of the grandparent-grandchild relationship. It will explore a variety of ways grandparents help their adult children support the needs of the grandkids’ bodies, minds, relationships, and spirituality.</p>

Closing Plenary Session: “Joy in the Walk”

Bruce Watson, RN, BSN

We are trusted with the care of souls. We must prepare ourselves to give our best. Joy in the work is easily stated but must be cultivated, for the journey is long.

Schedule

8:00 - 8:30 Registration
 8:30 - 9:00 Welcome, Devotion & Introduction
 9:00 - 10:00 Keynote: Dr. Rachel Y Hill
 10:15 - 11:15 Session 1
 11:30 - 12:30 Session 2 (repeats Session 1)
 12:30– 1:30 Lunch & Networking
 1:30 - 2:30 Session 3
 2:45—3:45 Session 4 (repeats session 3)
 4:00 - 4:30 Closing Session

*** streaming not available**

CERTIFICATES OF ATTENDANCE

for 7 contact hours available

EARLY BIRD REGISTRATION

until August 9th - \$60

Includes catered lunch, snacks, and beverages

“Walking with God Towards Wholeness”

Saturday, August 24

Online Registration at: HSW.HMACofChrist.org

Phone-in Registration: 816-833-1000 ext. 1262 or 1418

Mail-in Individual Registration

Name: _____

Email: _____

Address: _____

City, State, Zip: _____

Phone: _____

Special Dietary/Physical Needs: _____

Early Bird...After Aug. 9th

Saturday Sessions \$60 \$70 _____

HMA Members..... \$50 \$60 _____

Seniors 65 + \$50 \$60 _____

Student with ID \$20 \$25 _____

Certificate of Attendance..... \$10 _____

(COA not available with streaming)

Live Streaming (pilot offering, free will donation) _____

Total amount \$ _____

Make check payable to HMA or charge a credit card

Exp. Date ____/____/____ Code _____

Mail this form and payment to:

HMA, 1001 W. Walnut, Independence, MO 64050

2019 Health & Spirituality Workshop



and
Community of Christ

“Walking with God Towards Wholeness”

Saturday, August 24th, 8:30am to 4:30pm

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Independence, Mo 64050

Register online at: hsw.hmacofchrist.org

NEW! We are live-streaming this year's workshop.

This is a pilot offering at no charge. Donations would be appreciated.