



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

**Introduction:
Taking Care of Yourself with Energy Medicine
Offered by
Gail Van Kanegan, NP**

Come discover your potential for opening your body's energy pathways. I will discuss the principles of Energy Medicine and introduce you to easy exercises that will:

Strengthen your immune system, untangle inner chaos to focus your mind, relieve mental congestion and headaches, reduce reactions to the stress we are exposed to, discover ways to help your body heal itself, balance your energies for clear thought, and learn a 5-minute daily routine to get your energy flowing.

Date: February 27, 2010
Time: 8:30 am -12:30 pm
Place: Hermitage Farm Center for Healing
www.hermitagefarm.org for directions

Wear comfortable loose clothing
Bring your water bottle

REGISTRATION FORM

**Introduction:
Taking Care of Yourself with Energy Medicine**

Name _____ Phone _____

Registration Fee: \$40 Make checks payable to Gail Van Kanegan
Send Registration to : Hermitage Farm Center for Healing
6415 West River Road NW
Rochester, MN 55901

Nursing Continuing Education Credits for Minnesota Nurses - CE fee: \$5.00

Reservation deadline Feb. 15. Maximum 25 participants, register early!