

Santa Fe Soul

F O U N D A T I O N



Changing the face of healthcare in New Mexico

Living Better With Chronic Illness

Now that we're living as much as 30 years longer than our forebears, we're likely to be faced with chronic diseases that threaten to impact our quality of life. These illnesses can generate a cycle of behaviors that tend to worsen our situation; but we can learn to intercept the cycle at any point, to relieve pain and improve health.

In this workshop we will begin by opening a safe space for healing, calling on our allies and inviting trust among one another. From this, more open field, we will allow our suppressed feelings to surface and pass through. Then we'll look at ways to feel better by changing our relationships to food, medicines and substances, exercise, spiritual practice, activity and each other. We'll look at what science is discovering about the ways our feelings and minds affect our experience of our bodies. We'll use visualizations offered by pioneers in the field like Candace Pert and Belleruth Naparstek, and we'll explore how meditation has been shown to facilitate change. We'll share stories, give each other encouragement, and enjoy the health benefits of laughter. Hearing the ways that others struggle and triumph, we will feel empowered to help ourselves grow.



Stephanie Hiller is a certified life coach and holistic counselor whose work focuses on helping people cope with the challenges we face while aging. She has been a student of mind-body medicine since she was diagnosed with ulcerative colitis in 1986, now in remission. She has survived several joint replacements and surgeries and dealt with the limitations of disability. Stephanie trained in Stanford's program in managing chronic illness and a number of other training programs. She volunteers with hospice and palliative care.

9/12, 9/19, 9/26, 10/3 & 10/10 from 2-4pm
Registration Fee: \$50 (some scholarships available)

Santa Fe Soul SunRoom
2905 Rodeo Park Dr East Bldg 3

Call **(505) 820-9272** to register for the workshop