An integrative care specialist and health care consultant, originally educated as an accountant, Bethlyn’s licenses include biofeedback, healing touch and medical massage therapy. For more than a decade, she has researched, written about and applied the principles of biofield science. Bethlyn’s practice assimilates stress-regulating experiences and education to accelerate healing. She continues to collaborate with international leaders, merging biofield science into evidence-based protocols, reducing the negative health impacts of chronic stress and lifestyle. Inspired by the significant cost savings and dramatic quality of life improvements she has experienced, Bethlyn is dedicated to teaching others fast and simple ways to promote their own well-being — helping patients “notice, neutralize and navigate stressors.”
Keynote Address:
Creating a Healthy Internal Environment
Bethlyn Gerard, BBA, CPA, LMT, HTCP
Living Well Dallas Center

Learn how thoughts, emotions, relationships, and lifestyle choices impact your body’s natural ability to recharge and repair. Join us to practice skills proven to reduce anxiety and boost resilience.

Breakout Session Descriptions:

**Laughing on the Outside, Healing on the Inside**
Theresa Bell, actress and screenwriter
Lawren Dykema, Baylor Clown Corps
Jan Harrell, BA, CIP
Michelle Murray, PhD, Licensed Psychologist

How do you keep laughing through life’s curveballs? Find out about recent research on the role of laughter and humor in healing the mind, body and spirit. Exercise your sense of humor with our presenters and learn how to bring more laughter into your life on a daily basis.

**Gardening is for Every Body**
Gene Morrissey, Dallas County master gardener

Planting a garden can provide stress reduction, relaxation and renewal. But gardening may be daunting for individuals with illness, fatigue, pain, or limited mobility. Join us to learn about the healing value of gardening.

We will also offer suggestions and tools to make gardening accessible to everyone.

**You Are What You Can Digest: An Introduction to Ayurvedic Nutrition**
Sapna Punjabi-Gupta, MS, RD, CSP, LD

Explore the basic principles of Ayurveda, a 5000-year-old holistic science, which is equally relevant in today’s modern world. Learn the importance of eating as per one’s unique body constitution, seasonal fluctuations and effective food combinations to help nourish both body and mind.

**Yoga for Everyone – Restore and Revitalize**
Eppie Szczesny, certified yoga instructor

Come join us to experience yoga where every person can participate! Not only does yoga help create a stronger body, but this approach will also empower you to discover your greatest potential physically as well as develop a strong sense of hope for your future.

**Closing the Circle: The Complete You**
Melissa Garner, LPC, MPS-ATR

Join us for this mandala workshop designed to foster healing and centeredness for its participants. The word “mandala” is Sanskrit for “circle” and is often associated with wholeness. Used in many cultural and religious traditions, mandalas are tools that help us look both inward and outward for connection to the whole. The simple act of creating a mandala has been shown to bring about a natural state of centeredness and calm. After a short guided meditation, participants will create mandalas out of art materials provided.

Agenda:

8:30 a.m.  Registration/Light Breakfast
8:55 a.m.  Welcome
9:00 a.m.  Keynote Address
10:00 a.m. Break
10:15 a.m. Breakout Session 1 (choose one)
  - Laughing on the Outside
  - Gardening is for Every Body
  - You are What You Can Digest
  - Closing the Circle: The Complete You
  - Yoga for Everyone
11:30 a.m. Break/Snacks
11:45 a.m. Breakout Session 2 (choose one)
  - Laughing on the Outside
  - Gardening is for Every Body
  - You are What You Can Digest
  - Closing the Circle: The Complete You
  - Yoga for Everyone

Registration for these events is required. Please call 214.820.2608.

This free conference includes a continental breakfast and speaker materials. When you call, please be prepared to state your two choices of breakout sessions. Space is limited.