

Strategies for Healing:

Before, During and After Medical Procedures

In this three part class, we will focus on how to be a partner with your healing and your health practitioners. Learn an overview of your nervous system and brain in times of stress and when it is in balance.



Karla Freeman, LCSW

You can settle into a healthy, relaxed state after receiving a troubling diagnosis. Practice in this class so you will be ready and available for healing! We will discuss the main things to be aware of when researching options, preparing your mind to heal, and how using the right tools can assist recovery, lessen pain, and bring your immune system into its best functioning.

Karla Freeman, LCSW

September 11-25, 2007

(3 Tuesdays)

5:30 - 7:30 p.m.

Room 15 - Wake Center

300 N. Turnpike Rd.

RN/LVN, CNA, MFT/LCSW CEU's: 6 contact hours

Co-Sponsor: Cottage Health System

Presented by the **OMEGA** Program of Santa Barbara City College, Continuing Education Division

