



Providing Park County helping professionals with holistic self-care practices to cultivate a more vibrant and healthy lifestyle.

Presented by the Park County Community Foundation – in collaboration with Dr. Karen Stenseth and Kristine Backes – this program is offered to direct service providers, school employees, volunteers and board members for nonprofit service organizations, counselors, and emergency service personnel.

Questions? Please contact Karen or Kristine, or email Wellness@pccf-montana.org

Karen Stenseth: karen@crazymountainhealth.com

Kristine Backes: kristine@kristinebackes.com or call 222-5271

Feedback from previous Discovering Wellness participants:

- *"I'm learning that there are many ways to take care of myself – and it's fun to try new techniques!"*
- *"I anticipate this new knowledge will enhance my increased resilience ... because if I am to have a healthy life and therefore be healthy in my work, then I need to take care of myself."*

PARK COUNTY
COMMUNITY
FOUNDATION

This program made possible by the generous support of AMB West Philanthropies.

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Program Overview

This program is designed to help you manage stress, decrease burnout, and enhance your resilience.

We are committed to providing you with a transformative experience while also respecting current health guidelines; sessions will be offered via Zoom as needed, incorporating breaks and movement activities.

Experience

- Access to greater inner and outer resources
- A powerful support network
- Decreased symptoms of burnout and fatigue
- The science of holistic self-care practices
- Greater impact and effectiveness in your work

Intention-Setting Retreat

Sat, Jan 30th, 2021: 10:00 am - 2:00 pm, with lunch provided

- Connect with each other
- Clarify intentions
- Immerse in the learning experience
- Explore your integral connection with nature

Learning Modules

One half-day session per month focusing on a unique aspect of wellness; sessions will run from 8:30 am - 12:30 pm if in person, to be shortened if we are online

1. Understanding & Managing Stress: 2/12/21
2. Nutrition & the (No Longer) Secret to Health: 3/12/21
3. The Connection Between Digestive Health & Just About Everything: 4/16/21
4. Living Well in a World Out of Balance: 5/14/21

How

Cost: \$125 for all sessions, scholarships available

Please complete the online application by Mon, Jan 11:

<https://find.pccf-montana.org/DiscoveringWellness>

Participants will be contacted by Jan 18, 2021

