Discovering Wellness
Supporting our hidden heros

October 2019 - February 2020
Leveraging local health and wellness expertise to share holistic self-care practices with helping professionals in Park County to cultivate a more vibrant and healthy lifestyle

Presented by the Park County Community Foundation, in collaboration with Dr. Karen Stenseth and Kristine Backes.

Questions? Please call (406) 224-3920 or email Wellness@pccf-montana.org

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Program Overview
valuing and supporting holistic wellness of our helping professionals

Experience
- Access to greater inner and outer resources
- A powerful support network
- Decreased symptoms of burnout and fatigue
- The science of natural health
- Greater impact and effectiveness in your work

Retreat

October 2019: Connect, refresh, and reset
(Meets from the evening of Fri, 10/18 - midday Sun, 10/20)

Connect with each other and clarify intentions
Immerse in the learning experience
Share healthy, energizing meals
Explore and connect with nature

Modules

One half-day session per month (8:30 am - 1:00 pm)
focusing on a unique aspect of wellness, includes lunch

1. Understanding & Managing Stress: 11/14
2. Nutrition & the (No Longer) Secret to Health: 12/12
3. The Connection Between Digestive Health & Just About Everything: 1/9
4. Living Well in a World Out of Balance: 2/13

How

Cost: $125 for all sessions, including retreat & lunches
Optional check-in gatherings between sessions
Bonus mini-classes on key self-care practices
(Application deadline: Sunday, Sept 15, 2019)