

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

PARK COUNTY
COMMUNITY
FOUNDATION

**AMB
WEST**
PHILANTHROPIES

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

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

Apply online: <http://bit.ly/PCCF-Wellness-2019>

(Application deadline: Sunday, Sept 15, 2019)

