



INTENSIVE WORKSHOP DESCRIPTION

What: Detox for Your Health: A Workshop for Women who want to be Stronger in 2017

Body - Mind - Spirit

When: Saturday, January 21, 2017

Where: GateWay of Hope, 801 N. MurLen, Suite 111, Olathe, KS 66062

Time: 9:30 am - 12:00 pm

Investment: \$40.00

Contact Info: gwhope.org rebeccat@gwhope.org 913-393-4283

“Samantha” (a pseudonym) came to GateWay of Hope because her life was on overwhelm. She was constantly thinking about all the things she had to do and feeling stressed before her feet hit the floor every morning. She started to notice red welts on her legs and tried to put lotion on them, but nothing helped. She didn’t want to go to the doctor because finances were tight and her insurance deductible was enormous. She couldn’t remember the last time she prayed and anyway - God felt very far away.

At GateWay of Hope, Samantha learned about the holistic connection between body, mind and spirit. She learned tips about setting boundaries around her life, so some of the stresses began to disappear. Samantha also learned it was okay to allow herself time for play, and she began to schedule fun activities into her calendar.

Through the process of eliminating stresses and detoxing her life, her physical symptoms started to ease. Samantha also found a group to join at GateWay and through that encouragement, she learned more about spiritual rest and self-care.

Be like Samantha and learn more about the body - mind - spirit connection and how YOU can be stronger in 2017.

Workshop Content

Detox for Health Info - Jan 21, 2017

Workshop Content and Goals to Achieve:

- Detox for Health - Body
 - What are the physical aspects for detoxing the body in healthy ways?
 - What are some of the natural ways we can detox the body?
 - What are best practices for detoxing throughout the year?
 - Can a detox be unhealthy?
 - Changes in the body to look for?

- Resources:
 - Wheatfield Nutrition Consulting, LLC
 - “First Place 4 Health” by Carole Lewis
 - “Made to Crave” by Lysa TerKeurst

This workshop will describe why detox is so important for our physical health and how we can be proactive to take better care of ourselves. It will also include some practical tips for healthy detox, such as Paleo, elimination diets, juicing and intermittent fasting.

Goals: To better understand the value of detox for the physical body. To present how a physical detox can affect the mind and the spirit.

Attendees can expect helpful tools for a path toward physical health. They will leave with a better understanding of how the body can help us detox and how we can be proactive in taking care of our physical selves.

Presenter: Lorraine Oberholtzer, RD, LD - Registered Licensed Dietician, Wheatfield Nutrition Consulting, LLC., Trained in Wellcoaches Whole-Health Coaching Model. Lorraine is also a busy Mom who has been a GateWay supporter for years.



- Detox for Health - Mind
 - How does the mind interact with the body?
 - What does a healthy mind look like / feel like?
 - How can women be proactive to protect their minds?
 - What are some practical tips for keeping the mind engaged in personal health?
 - How does a healthy mind lead to a healthy spirit?
 - Resources:
 - “Battlefield of the Mind” by Joyce Meyer
 - “Lies Women Believe” by Nancy Leigh DeMoss
 - “More Than Just a Pretty Face” by Karen Morerod

This workshop will address the topic of how the mind can cause emotional and physical issues, leading us to the need for detox. It will engage the attendees in thinking more about how mental health affects the entire body and the importance of a healthy mindset.

Goals: To become more aware of how the mind affects the body, possibly resulting in emotional changes. To engage in healthy ways of addressing triggers and detoxing the negative out of the equation.

Attendees can expect to appreciate the power of their minds and better understand how the mind affects total health. They will leave with resources and tools for awareness of mental triggers and how to detox unhealthy mindsets.

Presenter: Kiersten Adkins, M.A., LPC - Executive Director of Pathway to Hope, Licensed Professional Counselor specializing in trauma recovery, persistent mental illness, marriage & family dynamics. At Pathway to Hope, Kiersten works to encourage, educate and empower individuals and families facing mental illness.



- Detox for Health - Spirit
 - How do unhealthy body and mind practices affect our spirits?
 - How can we align with God in 2017?
 - What might be interrupting that alignment?
 - What are the 4 S's that keep us from alignment with God?
 - What does “rest” truly mean and how can rest detox our spirits?
 - Resources:
 - “The 30 Day Faith Detox” by Laura Harris Smith
 - “Something More: Excavating Your Authentic Self” by Sarah Ban Breathnach
 - Blog posts at www.gwhope.org

This workshop goes to the next level to address spiritual detox and how the body and mind work together to affect the spirit. It will address aligning ourselves with God in a healthy direction for the new year.

Goals: To become more aware of the importance of the spiritual aspect of health and how it can affect the mind and body. To gain resources and ideas for growing spiritually while gaining permission for self-care.

Attendees can expect a discussion about how to better understand the value of spiritual care. Practical tips for spiritual detox will include the definition of “rest” and how we can incorporate rest into our stressful lifestyles.

Presenter: Rebecca Thesman, CLC, BSE - Program Director and Life Coach at GateWay of Hope, Rebecca holds a Bachelor of Science in Education and an Advanced Certificate in Life Coaching. She is a member of the American Association of Christian Counselors, the Biblical Coaching Alliance and the Kansas Authors Club. Rebecca is a trained Stephen Minister with a background in ministry, communications and biblical counseling. She is an author, speaker, workshop teacher and adjunct faculty for various writers conferences throughout the Midwest.



TO REGISTER:

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