

Mindwalks, Spiritwalks

We employ multiple processes in achieving and maintaining life balance. Our patterns of behavior either nourish and replenish or deprive and deplete. Be it in the exercise realm or that of rest, relaxation, sleep, play, work, spiritual practice, creative engagement or handling stress, balancing requires wise and ongoing management.



Glenn D. Wollman, M.D.

Join body/spirit wellness guide **Dr. Glenn Wollman** in exploring ways to enhance healing, wholeness and joyous living. Come for a mind walk/spirit walk through the pathways of this interactive, experiential class.

April 5, 2005 (12 Tuesdays)

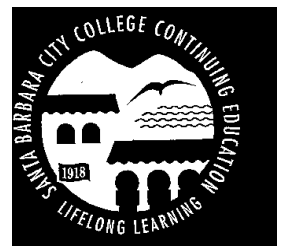
5:30 – 6:30 p.m.

Registration begins at 5 p.m. – NO ADMISSION FEE

Hendry's Beach – On the Greens

*Co-Sponsors: Cottage Health System; Area Agency on Aging;
Adult and Aging Network of Santa Barbara County;
Santa Barbara Mental Health Association*

RN/LVN, CNA contact hours: 9



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