



## **Caring For Your Heart: A Holistic Approach**

You are invited to attend this introductory workshop on the subject of caring for the heart.

Heart disease is the #1 killer in the US and across the developed world. The incidence of high blood pressure, cardiovascular disease and worry about heart health is rising.

This workshop will approach the subject of caring for the heart using a holistic approach. Such an approach views the individual as a complex human being with a physical body and a mind capable of intellectual, emotional and spiritual life intertwined in a complex social network that involves work and career, family and relationship commitments all taking place with the context of a physical world that is our natural environment.

With more than 25 years of experience as a psychotherapist, Lou is now able to offer holistic health counseling services to his clients. He brings an array of abilities, talents and life experience to this work, including counseling skills, a love of food, an ever-expanding knowledge of nutrition and food preparation, and familiarity with exercise, yoga, meditation and other wellness practices. Most importantly, he feels passionately about the need for a more comprehensive approach to wellness. A current student at The Institute For Integrative Nutrition, Lou offers an approach to wellness and health that complements what is offered through more traditional health care providers.

For more information visit:  
[www.nourishingbodyandmind.com](http://www.nourishingbodyandmind.com)

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**Louis R. Harson, LCSW HHC  
Holistic Health Counselor**

**Date: Friday, April 4<sup>th</sup>, 2008**

**Time: 6:00 PM to 7:30 PM**

**Location: Yoga Flow Studio**

**Fee: \$15.00**

**Call or e-mail to register.**

## **YOGA FLOW STUDIO**

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