Healing the Mind, Body, and Spirit

The Wilson House ~ East Dorset VT

For more information, call 802-362-5524 or visit The Wilson House website at: www.wilsonhouse.org

Number of Attendees ______ X $90.00 = ____________________

(This is the agenda from a previous seminar-It will be modified into a Zoom format)

Saturday, May 22, 2010

09:00-10:15 am  Session #1: Back to Basics 101

   Introduce Presenters

   Explain Objectives of the Seminar

   Take ALL Twelve Steps in One Hour

10:15-10:30 am  Break

10:30-11:45 am  Session #2: Nutrition 101

   An Historical Perspective on Nutrition and Recovery

   Bill W. and the Vitamin B-3 Letters on Hypoglycemia, Hyper-tension and Depression

   Sugar Blues

11:45-12:00 am  Break

12:00-01:15 pm  Lunch

01:15-02:15 pm  Session #3: Dr. Wayne M.

   The Importance of Nutritional Supplementation in Alcohol detoxification and Early Sobriety

02:15-02:30 pm  Break

02:30-03:30 pm  Session #4: Nutrition 202

   Setting Realistic Goals
Supplements
Glycemic Index
Nicotine Cessation
Caffeine Cessation
Food Logs
Weigh and Measure

03:30-03:45 pm  Break

03:45-04:45 pm  Session #5: Exercise 101

  Setting Realistic Goals
  Walking / Pedometer / Heart Rate Monitor
  Progressive Muscle Relaxation
  Limbering Up Exercises
  Five Tibetan Rights
  Questions and Answers on Nutrition and Exercise

Sunday, May 23, 2010

09:00-10:00 am  Session #6: Spirituality 101

  Prayer and Meditation Throughout History
  Do-In Spiritual Nourishment
  Breath Work—Clearing the Blocks

10:00-10:15 am  Break

10:15-11:15 am  Session #7: Two and Three-Way Guidance

  Listening to the Indwelling Spirit

11:15-11:30 am  Break

11:30-12:00 noon  Session #8: Continuance

  Carrying the Life-saving Message of Long-Term, Contented Sobriety to Others

Close