

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