

About the Presenter:
Bernadette Beach,
RN, MSN



Bernadette is a trained holistic stress management educator and mindfulness meditation trainer. New strategies and tools are the focus of her conferences. Bernie has trained with Jon Kabat Zinn in mindfulness meditation, Ignatian Spirituality at Manresa Retreat Center and through the Living School of Action and Contemplations in integral spirituality.

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62460 Mt Vernon Rd
P O Box 396

248 651-4826
www.capretreat.org

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*Women and
Mid-Life:*

*A Mosaic of
Transitions*

Date: Wednesday,
Sept 20, 2017

Time: 8:30 a.m. to
3 p.m.



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Are you a member of the Sandwich Generation: a generation of people who are caring for their aging parents while supporting their own children and possibly grandchildren?

Women care for others in all phases of life. Mid-life can be one of the most exciting and most challenging times for any women. Research tells us that stress is a primary reason women seek healthcare. Come and learn the impact of mid-life issues on women. Discover new ways to understand mid-life and learn constructive methods women can use to flourish in mid-life.

Schedule:

- 8:30 a.m. Registration and Coffee
- 9:00 Menopause: What is it and how do I manage it?
- 10:30 The Sandwich Generations: Caring for yourself, while caring for others
- 12:00 Lunch
- 1:00 p.m. Thought Attack: Don't Believe Everything You Think
- 2:00 Staying Grounded: A holistic Approach to Embracing Transition



Suggested donation for the entire program is \$50.

To register call 248 651-4826, or you may register on-line at www.capretreat.org.

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