



HEALTH AND THE GUT

Have you or a family member found that your body reaction or mental health is connected to your thoughts and emotions? This workshop will review the connection of mind and body related to mental health, gut health, and anxiety. Participants will learn coping skills to improve relaxation, improve all around wellness and how to protect your second brain, your gut.

Caryl Ward, CMHC, CFLE

Caryl Ann Ward is a clinical mental health counselor and a certified family life educator with master experience in teaching relationship skills, overall well-being, anger management, substance abuse, coping skills, and parenting skills. She is trained in trauma focus practices and family dynamics. She is conscious of the effects of the social environment and can help navigate life through therapeutic tools to improve life's satisfactions. Outside of the office she enjoys the outdoors, hiking, gardening, music, and spending time with her blended family of seven kids and two grandkids.

March 21st
11:30 a.m. MT

Event Location:
Online!



WHY WE SLEEP

In this workshop participants will learn about the importance of REM sleep and understanding the sleep cycle. We will also review what happens when we are sleep deprived, how to improve sleep habits, and how to reduce burnout. Based on the book, *Why We Sleep* by Matthew Walker.

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March 15th
2:00 p.m. MT

Event Location:
Online!