

# CULTIVATING THE SEEDS OF OUR WELL-BEING

**With Patricia Wolff, DC, MFT**

*Five part series at the OLLI Center, CSUMB*

**April 14, 21, 28; May 5, 12, 2010. 9:30-11am**



Drawing from Ancient and contemporary Eastern and Western medicine, Dr. Patricia Wolff will share health, communication and spiritual practices that nourish the body, mind and spirit. By integrating meditation and mindfulness, with homeopathic, herbal and nutritional approaches, we will learn practical strategies to enhance well-being.

We will tell our stories and gather in community for our mutual healing, thus connecting to our deepest source.

This five part series will include a look at the digestive system, hormonal balancing, compassionate communication, the immune system and cultivating overall health.

Patricia Wolff. Blending her skills as a trained psychotherapist, a classical homeopath, and a Doctor of Chiropractic, Patricia Wolff has been practicing in the field of natural health care for over 30 years. Her focus is on an integrated exploration into the care of our bodies, minds and spirits. She was lay ordained by Katherine Thanas in 1995 and practices at Monterey Bay Zen Center. She lectures, leads meditation groups and facilitates retreats at Tassajara Zen Mountain Center.

## **Information/Reservations**

**Call The OLLI Center: 831-582-5599**

**Home page: [CSUMB.EDU/olli](http://CSUMB.EDU/olli)**