



# Understand Your Unique Mind-Body Energy

Thursday, January 11, 2018  
7:00 to 9:00pm

## Care for the CareGiver

Ron Ringo, PhD  
Certified Trauma Specialist



Learn how to identify the imbalances in your life, how to correct them and how to develop a nurturing routine even while playing the role of caregiver. Most importantly, as your stress is eliminated, the mind and body begin to function with maximum effectiveness, creating health, vitality and happiness. By practicing the techniques learned in this program, you will be able to: reduce stress; identify your unique mind-body energy type; improve your digestion & sleep patterns; release emotional toxicity; create optimal daily nutrition; lower your blood pressure; and provide better care for your loved one. Ron is an internationally Certified Trauma Treatment Specialist.

Cost: \$25 (\$20 if paid in full by January 5) To register call Marlene at (310) 377-4867 ext 234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org). Please see website or Program Guide for Cancellation Policy.

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"Care for the Caregiver" Ron Ringo, PhD, Thursday, January 11, 2018, 7:00 to 9:00 pm

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