

Kure Spa and Wellness Center



Presents

Stress and the Mind-Body Connection

Transform Stress, Pain and Illness Into a Journey of Self-Healing



A lecture by Dr. Paul Epstein

Monday, March 19, 2018

6:30 - 8:00 pm

What is the difference between healing and curing?

Can your body speak your mind?

Is illness an opportunity?

Clinical studies reveal that 75-90% of all visits to the family doctor are for stress related complaints. Disease tells a story, not just about 'our cells' but about 'ourselves'. Your body speaks your mind. Healing happens when we embark on a journey to our true self. We'll discuss Healing vs. Curing and how to integrate both. The lecture focuses on the principles, practices and therapies of mind-body medicine and their application in health care and healing. We'll explore the meaning and message hidden inside stress, pain and illness and how to be at peace with what you find.

Paul Epstein, ND is a Naturopathic Physician, mind-body therapist, mindfulness meditation teacher, author and speaker specializing in mind-body integrative medicine. He travels worldwide leading mindful healing workshops and retreats and maintains a private practice in Westport treating people with chronic pain and stress related disorders. <u>www.DrPaulEpstein.com</u>

430 Main Avenue, Second Level, Norwalk (203) 857-1500 Free to the Public Maximum capacity is 15 Register at <u>https://www.facebook.com/events/2065850263651813/</u>

