

Realize Your Optimal Health

Learn how to:

- ✓ Reduce Stress
- ✓ Turn Down the Static in Your Attic
- ✓ Move from Risk to Resiliency
- ✓ Parent With a Calm Perspective
- ✓ Raise Your Overall Level of Health
- ✓ Find Peace of Mind from the Inside Out
- ✓ Create the Life You Want to Live
- ✓ Expand Your Awareness

Who should attend?

- ✓ Parents/Children
- ✓ Teachers/Facilitators
- ✓ Health Care Professionals
- ✓ Business Managers & Supervisors
- ✓ Mental Health & Chemical Dependency Counselors
- ✓ People looking to raise their level of health and well-being

All classes presented by Cindi Claypatch, M.A.

Cindi Claypatch is the founder and director of the Health Realization Training Center, a center within the Urban Institute at Pillsbury United Communities, whose mission is to improve lives. She offers training and consultation utilizing a principle-based model to promote the realization of health and wellness in a variety of organizational settings such as: business, health care, school districts, churches, social services, as well as mental and chemical health.

Cindi provides education to parents, children, families and individuals and is also involved in assisting immigrant populations and diverse communities. She has 30-plus years of experience creating programs, consulting, training, counseling and healing. She is one of the early practitioners of Health Realization and its Three Principles of Understanding. A frequent presenter at conferences, Cindi is certified in intuition and many other healing modalities.

Get started today by enrolling yourself or your children in Spring/Summer classes and workshops.

Health Realization is a principle-based philosophy that has been acknowledged as a best practice for resilience and strength-based programming. When used as a foundation for bringing mental well-being to individuals, families, communities and organizations, the principles of this model transform resilience from a good idea to an achievable reality.

This understanding sees innate health and resilience as an unlimited, ever present, natural resource available to all human beings. As people understand how they operate, they access this natural resource and live in a higher state of well-being. They serve others, as well as themselves with more common sense, compassion and understanding. This results in natural and deep connections both personally and professionally.

Through this understanding, people are able to direct others to their inner technology and guidance systems so they can navigate their way through life with greater ease. People rise above and beyond their life circumstances.



"I never believed that one class could change your life, but this class did."

- Human Resources Manager, Wayzata Schools

Spring/Summer 2011 Schedule:

Health Realization Level I "Bringing Health to Life"

Using the Three Principles of Mind Consciousness and Thought, this course offers individuals an opportunity to understand the true nature of experience, realize and maintain their core health, and find balance and good judgment. People report having quieter minds, healthier relationships, higher moods and emotions. They achieve great impact and ease with their clients, students, families, co-workers etc. Join the fun and increase your ability to create a higher reality, stay grounded, be resilient and increase your presence regardless of your circumstances.

Date: Tuesdays, May 17, 24, 31, June 7, 14, 21 Time: 5:30pm -9:00pm Fee: \$200.00

Health Realization Level II "A Closer Look"

This course is designed for individuals interested in deepening their understanding of the Three Principles/ Health Realization by exploring its application. We will focus on a variety of topics such as: relationships, leadership, working with difficult people, mental and physical health, law of attraction, deep listening, energy etc. Participants should have prior training in Health Realization/Three Principles. Join other's who are interested in expanding in their awareness.

Date: Mondays August 15, 22, 29, September 12, 19 Time: 5:30- 9:00pm Fee: \$200.00

Workshops:

#1 Facilitating Successful Sessions, Meetings and Groups

This three-night class is designed to assist counselors and facilitators to increase their abilities to have higher impact and avoid common pitfalls. By reflecting on the ingredients for creating successful exchanges you will facilitate their more meaningful flow. Participants will explore how to tune into their intuitive processes, raise their credibility and increase their impact.

Date: June 8, 15, 29 Time: 5:30- 8:30pm Fee: \$80.00

2 The Power of Words

Have you noticed that when you say, hear or recall some words, your system receives a charge or feeling from it? Some words provide pleasure, joy, comfort and expansion while others trigger fear, intensity, contraction and negative reactions. Whether said to yourself, or to others, words are felt. The choice of words can get in the way of the message being heard, resulting in loss of rapport, relationship strain or a decrease in compliance. Focusing on reframing messages that are more helpful can reduce the discord within the mind, body, and relationships—thus, benefiting both personally and professionally.

Date: May 25 Time: 5:30- 8:30pm Fee: \$25.00

3 Parenting From an Energetic Perspective.

Energy is more than vitality. Many cultures work with problems and health concerns by working with the energy within and around a person. This class will explore some of the innocent habits people have that affect their personal energy and that of their children or students. Learn simple ways to clear, boost, and balance energy and explore ways to attend to spaces that help create supportive environments.

Date: July 12 Time: 5:30- 8:30pm Fee: \$25.00

4 The Power of Intention

Are you hearing a lot about setting intentions and the Law of Attraction—wondering what that means? Is it for real? How does it work? This class explores how setting intentions and having good mental hygiene can bring you more of what you want. We will explore scientific experiments and discuss practical ways you can shift your thoughts and emotions, connect to the field of possibilities and promote change, allowing for higher creative outcomes.

Date: August 8 Time: 5:30- 8:30pm Fee: \$25.00

5 Depressed or Gifted?

People with empathic or sensory gifts often experience symptoms of depression or heavy-heartedness that need attention. For many, the cause of their symptoms may be a result of their sensory gifts. They take on energy and pain of others during times of stress, collective trauma, change and unrest. This class will help identify traits that coincide with sensory gifts, and learn ways to deal with these gifts that support rather than tax their physical, mental, or emotional systems. Explore ways to recognize traits earlier in children and help them develop skills that result in decreased anxiety, confusion and low moods.

Date: September 14 Time: 5:30- 8:30pm Fee: \$25.00

***All above classes and workshops held at PUC - 3501 Chicago Ave. So. Mpls, Mn. 55407**

Cool Calm Kids Level 1

When we learn how our thinking can both help and hurt us, we are better able to keep perspective and get less stressed. In this class, children will be involved in activities and discussions that help them understand how to access their common sense, wisdom and creativity. They will learn to notice when their minds are taking them in non-productive directions and discuss strategies to get back to clear thinking. Parents will attend the last hour.

Grades 1-2 Mon June 20th 9:00-12:00 Grades 3- 6 Tues June 21st 9:00-12:00 Fee: \$50/1st child \$40.00/2nd child. Location: Oak point Elementary, Art room Eden Prairie, Limit 17

Cool Calm Kids Level 2

Prerequisite: Cool Calm Kids Level 1

This level offers an opportunity for children to learn concepts related to mood. When we learn how our moods can both help and hurt us, we maintain more clarity, do less damage, and get less stressed. This class will involve activities and discussions that help kids understand moods and how they affect their thinking and vice versa. They will learn to recognize high and low moods and explore ways to care for themselves and assist others. Parents will attend the last hour.

Grades 1-2 Wed June 22nd 9:00-12:00 Grades 3- 6 Thurs June 23rd 9:00-12:00 Fee: \$50/1st child \$40.00/2nd child. Location: Oak point Elementary, Art room Eden Prairie, Limit 17

***For Cool Calm Kids Classes only register on line at: www.epcommunityed.org**

For all other classes, mail registration to: The Health Realization Training Center, Pillsbury United Communities 3501 Chicago Ave. So. Mpls, Mn. 55407 or email: claypatchc@puc-mn.org. Make Checks payable to PUC. Please register early to prevent class cancellation. Classes that don't fill will be cancelled one week before the date of the class. To inquire about payment arrangements or partial scholarships contact Cindi M-F 10am-6:00pm at 612-823-1070/ 612-823-5973. Register for three or more workshops and receive a 5.00 discount per workshop.

Name: _____ Email: _____
Street Address: _____
Ph #: _____ Courses: Health Realization Lev 1 ____
Lev 2 ____ Workshops #1 ____ #2 ____ #3 ____ #4 ____ #5 ____
Payment: (Visa, MasterCard, American Express, Discover, Checks)
#: _____ Expiration: _____
Security Code: ____ Total: ____ Name on the card: _____