

# MIND AND BODY CONNECTION

Presented by Angela Curtis, MA

This course will describe the mind and body connection, and the effects of a person's thoughts, attitudes, and behaviors on their physical health.

*Participants will be able to:*

- Identify the effects of stress on mental and physical health
- Differentiate how personality types influence the mind and body connection
- Recognize the effects of stress on mental and physical health
- Identify integrated methods of stress relief for adults and youth



**REGISTRATION IS REQUIRED**

**Please follow the link on the training website to register.**

**Approved for :  
2 SW CE Hrs  
2 CDTS Hrs  
Approved Provider  
# MICEC-0038**



**\*VIRTUAL\***

**Training link will be sent out via email 1-2 business days prior to training date.**

**Friday**

**4/11/25**

**9:00a-11:00a**

**Friday**

**11/14/25**

**9:00a-11:00a**