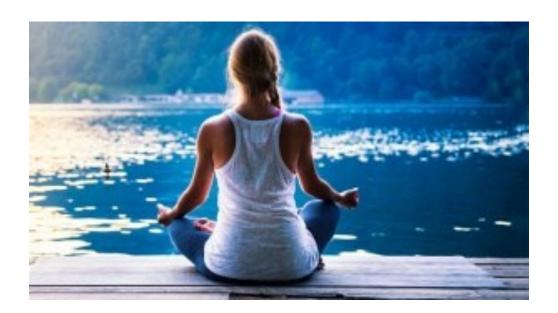
MIND AND BODY CONNECTION

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:

- Learn about the history of and theories relating to the mind and body connection
- · Identify the effects of stress on mental and physical health
- Develop understanding of how personality types influence the mind and body connection
- Be introduced to 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