

Program to Help with Health of Mind, Body and Spirit

Less Stress, Better Health and Greater Peace, a total wellness program for adults, seniors and teens, combines well-researched strategies from psychology and medicine with the wisdom from Christianity and other faiths. This award-winning program will be held at Trinity United Methodist Church on Saturday, March 3 and March 31st from 9 AM to noon. The cost is \$10 for both sessions, with a maximum cost of \$25 for up to five family members (including teens, parents and grandparents).

To register call 773-3322, or visit www.StopStress.info for additional information and online registration. If participants cannot attend both sessions, they will receive information to cover what they have missed.

The program is sponsored by Trinity United Methodist Church in association with Connections Counseling Service, the Civic Engagement Institute at Niagara University and One Island-One Team, a Grand Island leadership consortium.

Much of this two-part program is based on *Being Your Best* (BYB) which was honored with AARP's Social Impact Award as a simple mind-body-spirit program for people of any faith or no faith. Nearly 2,000 people have been helped by this program which also trains professionals, who are also encouraged to attend the upcoming program.

"We teach some basic skills to help you with the medical, emotional and spiritual pieces of your 'Wellness Puzzle' " says Dr. Tom DeLoughry, BYB author and Director of Connections Counseling Service. "And families will learn to help each other," adds DeLoughry, "because the same skills that can help Grandma at 75, can also help her 45 year old daughter and 15 year old grandson." He will be leading the March program along with Rev Larry Blair, Senior Pastor at Trinity UMC

"We know that physical, emotional and spiritual well-being is essential to strong overall health," says Dr. David Taylor, director of the Civic Engagement Institute at Niagara University, "and we're pleased to help evaluate and enhance this important Grand Island initiative as we're doing with related Being Your Best programs in Niagara County."

Being Your Best has also been endorsed by Grand Island's One Island-One Team leadership consortium as a promising strategy to reduce alcohol and drug abuse, as well as curb domestic violence. BYB is available for other churches, as well as schools, worksites and community organizations, where workshops may focus on just one or two pieces of the Wellness Puzzle (e.g., reduce stress; avoid hospitalizations).

Seminar registrants may also elect to attend three optional workshops on Wednesday evenings at Trinity UMC from 7 to 8:30 PM:

- "...with all your heart" - *Better Health and Fewer Hospitalizations* (March 7th;
- "...with all your mind" - *Stop Stress at Work, Home and School*" (March 14st)
- "...with all your soul" - *Deepen Your Spirituality*" (March 21st)