

Wellness Mind-Body Skills Group

Presented by the.....

Center for Integrative Medicine

1100 East Third St. Suite G100

Chattanooga, TN, 37403

(423)643-2246

A personal approach to healing through self-awareness and self expression.

Mind-Body Skills Groups have been proven to improve the patient's quality of life, decrease anxiety and depression, enhance their ability to participate in the treatment/healing process, and re-establish new purpose in their live. The setting provides professionally facilitated group support that enhances healing, teaches medical knowledge, and experiential exercises.

The group will teach participants, through an experiential format, a variety of mind-body techniques that have been shown to be helpful in promoting health and wellness. These include:

- Meditation
- Guided Imagery
- Autogenic Training (Self-Hypnosis)
- Biofeedback
- Breath Work
- Movement
- Journal Writing
- Drawing

- Self-awareness

Mind-Body Skills groups can help people who are dealing with the stress that results from and contributes to a chronic illness inclusive of, but not limited to, cancer, Crohn's Disease, IBS, Migraines, Fibromyalgia, and Chronic Pain Syndrome. Patients who have benefited from the program often experience and report:

- Enhanced Immune System Function;
- Enhanced ability to cope with pain, fatigue and other physical symptoms;
- Improved ability to handle stress and reduction in feelings of depression and anxiety;
- A feeling of greater self awareness and appreciation for their life as well as the role of others in their social circles;

The wellness group will meet once a week for 6 weeks. Sessions will last for two hours the first 5 weeks and 2-3 hours on the last week. To obtain more information and/or join the next group call (423)643-2246. Wellness Mind-Body Groups are led by Nora Moore, RN, M.Ed., LPE. Ms. Moore is an RN and Licensed Psychological Examiner with twenty years experience in the field of Mind/Body Medicine and has completed the Mind-Body Medicine Professional Training Program in Washington, DC.