

# Mind Body Medicine "Train the Trainer" Workshop:

Understanding the Connection between Mind and Body -  
Empowered – Resilient - Resourceful

Hosted by Leech Lake Tribal College  
6945 Little Wolf Road NW Cass Lake, MN 56633

Thursday, April 27<sup>th</sup> 5pm-8pm

Friday, April 28<sup>th</sup> 9am-3:30pm

Mind Body Medicine (MBM) techniques can be a difference-maker for those serving adults and children compromised by helplessness, hopelessness, and fear.

This day and a half training will introduce MBM concepts and will train participants in the basic techniques used in Mind Body Medicine practices. Workshops will focus on teaching specific MBM techniques to use with adults and/or children who are in need of effective, accessible stress reduction and relaxation tools. These techniques are fun, easy to learn, and can be adapted and integrated into almost *any* program or setting for use with children, youth, or adults.

We will also discuss the impact of trauma and Adverse Childhood Experiences (ACEs) on the body and brain, and how MBM techniques help us heal and develop increased resilience after trauma.

This is a **FREE** event, but space is limited, so please RSVP with JoAnn Stute  
[joann.stute@lhc.edu](mailto:joann.stute@lhc.edu) or (218) 335-4243. CEUs are available for all attendees!

