

2nd Annual

# Southwest Mind-Body & Integrative Medicine Conference

Saturday, October 7th, 2017.



**Achieving Physical, Emotional, and Mental Health through Integrative Medicine**

## CONFERENCES:

Dr. Villalobos/ Nutrition

Miriam Rivas/Fatigue

Priscila Gutierrez/Mindfulness

OOOO/Tai-Chi

HILTON GARDEN INN

111 UNIVERSITY AVE

8:00 AM - 3:00 PM

\$35.00 dls.

[www.blablaba@blablaba.com](http://www.blablaba@blablaba.com)

STRESS is a major contributor to physical, emotional, and mental illness. Participants will learn evidence based preventive Mind-Body interventions that promote health benefits and wellness. *Portion of Proceeds used for scholarships.*

### ENGLISH AND SPANISH WORKSHOPS:

\*EXERCISE



\*NUTRITION



\*IMAGERY AND MINDFULNESS



\*EMOTIONAL COMPASSION FATIGUE

