A Day at the Lake: Tools for Life Balance

Wellness Event at Lakeside, Ohio*
Saturday, October 22, 2011
8:30 AM - 4:30 PM

Bring Balance to your LIFE with tools in this one-day seminar:

- **Practice Zen cooking**
- **Learn stress-relieving techniques**
- **Unlock solutions for a toxin-free environment**
- **Rejuvenate in an energetic, spiritual space**
- **Interact with experts who guide you**
- **Meet practitioners who pamper you**
- **Shop for goods to feed your mind, body, and spirit**

LEAVE with a new set of experiences, tools, and attitude!

** Experience autumn beauty in Lakeside, a Chautauqua on the shores of Lake Erie, approximately one hour from Cleveland and Toledo or two hours from Columbus*

Registration fee: $75.00
Early Registration: $65.00 (by Sept. 15)
Registration form at bottom of brochure
Space is limited

Program Highlights:
Set in a beautiful energetic space
Continental breakfast and lunch provided
Self-Care Seminars: Balanced Life Tool Kit
- Effects of Unmanaged Stress on Life Balance
- Reiki as a Tool for Balance
- Food for Balance: Zen Cooking class
- Environmental Exposures Impacting Life Balance

Self-Care Practitioners
- Chair Yoga class
- Chair Massage: 10 minutes for $10
- Reiki demonstrations

Sensory Walks
Breakout services and shopping

Continental Breakfast:
Steel cut oats, fruit, and yogurt
Tea (Carolyn's special herbal blend), coffee, filtered water

Zen Cooking Luncheon:
Butternut squash soup
Hummus
Salsa
Pita chips
Apple crisp

PRESENTERS

The Effects of Unmanaged Stress

Jane Pernotto Ehrman, M.Ed., CHES

Learn about the impact of unmanaged stress and simple, natural tools of breath work, guided imagery and cognitive restructuring to integrate into your daily life. These techniques will help you calm the body, clear the mind, and lift your spirit.

Jane Ehrman is a Mind/Body Coach and certified Wellness Coach at the Cleveland Clinic's Center for Integrative Medicine. Her practice includes clinical hypnotherapy and interactive guided imagery, and focuses to help clients turn crisis into opportunities for healing and personal growth. Her education and training includes a BA in Health Education from Youngstown State University, an M.Ed. from Pennsylvania State University in Health Education with Mind/Body Medicine emphasis, and post-graduate training at Harvard Mind Body Medical Institute.

Ms Ehrman is an international speaker, lecturer and author who candidly shares her knowledge and insights with high energy and humor. Jane presents nationally in clinical, lay, and retreat settings on a variety of topics including cancer recovery, stress management, women and wellness, spirituality, and mind/body medicine.

www.imagesofwellness.com

Zen Cooking Class

Carolyn Pytlik, M.Ed., CRNA, RN, MAJ USAR
Chef Lorenzo, BS, Executive Chef

Wellness begins in your kitchen, and the future of our personal and nation's health depends on what foods we prepare and consume. Learn to manage your stress and balance your life by cooking and eating the Zen way. You won't believe how easy it can be. This is a hands-on, fun, healthy cooking class in which you savor the cuisine and feel the benefits.

Carolyn Pytlik is a Nurse Anesthetist and Health Consultant. A graduate of Youngstown State University with a BSN and Pennsylvania State University with an M.Ed. in Health, she developed and implemented the first Wellness Program for the United States Air Force Wing in Vienna, Ohio, and also the Annual Health and Wellness Program in Lakeside from 1999-2008. She is an independent Health Consultant, providing services to healthcare providers as well as health clients.

Chef Lorenzo is a graduate of the Loretta Paganini School of Cooking in Chesterland and served as personal chef to the airline industry, Rolls Royce Corporation, government officials in Auckland, New Zealand as well as many corporate special events. He is the owner and Executive Chef for Lorenzo's Culinary School in Lakeside, Ohio and a television chef for Channel 8 FOX newscasts in Cleveland, Ohio.

www.lorenzothechef.com

Reiki as a Tool for Balance

Jayne Sulser, M.Ed., Reiki Master

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. A treatment feels like a wonderful glowing radiance that flows through and around you, utilizing your Universal Life Force Energy. Reiki treats the whole person, including body, emotions, mind and spirit. It creates many beneficial effects such as relaxation and feelings of peace, security and well-being (www.reiki.org). Learn more about the benefits and training to perform Reiki on yourself and others.

Jayne Sulser worked over 30 years in the field of education with a BA from Kent State University and an M.Ed. from Nova Southeastern University. She retired in 2008 as Coordinator of the International Baccalaureate Diploma Programme and Enrichment Specialist for Dublin City Schools in Ohio. For the past 15 years she presented leadership conferences as well as motivational speaking engagements centering on the mind/body connection in academics, athletics and personal endeavors.

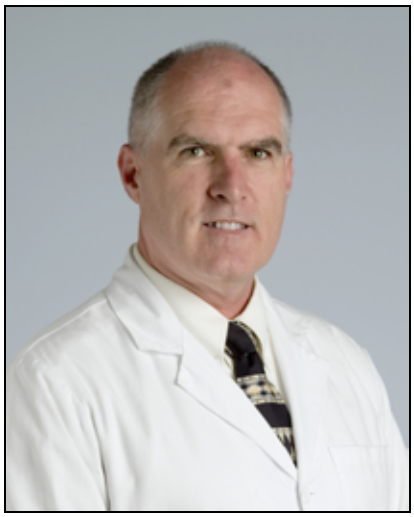
Her passion for teaching and learning led her to the healing art of energy work where she completed her certification as a Usui Reiki Master in 2007. In addition to offering Reiki to clients, she is active in training those interested in energy modalities, offering Reiki classes for certification in both Lakeside and Columbus, Ohio.

http://jayne-sulser.vpweb.com/

Environmental Exposures Impacting Life Balance

Patrick Ginley, MPAS, BS, PA-C, RN, MAJOR, USAF Retired

What you don't know can hurt you! Environmental exposures occur at home, work or play and can trigger inflammation that may manifest as arthritis, autoimmune reactions or even cancer. Toxins are present in the air, food and water, but you don't have to be a victim. Learn about these environmental factors and find out how to protect yourself and your family.



Major Patrick J. Ginley III is a lecturer of Mind/Body/Spirit Wellness and Integrative Medicine. His training in medicine helped guide him to counsel others as an independent Health Consultant to achieve balance through diet, supplements and guided imagery. He shares the message, "What we don't know can hurt us!" with all who listen. Over 38 years of work in medicine and in the anatomical areas of cardio-thoracic, vascular and colorectal surgeries helped him translate to his audiences what is going on in the client's body as a result of toxic environmental and dietary exposure.

He trained colleagues in the military for more than 15 years on how to manage patients exposed to nuclear, biological and chemical agents. In addition to his RN, he earned a BS in Hospital Administration from Dyke College and a Master of Science in Physician Assistant Studies with emphasis on Vascular Surgery from the University of Nebraska. Patrick credits his knowledge and experience from the great minds and skills of the renowned physicians and practitioners that he was privileged to work with at the Cleveland Clinic and in the U.S. Air Force, from which he recently retired.

Ginley Global Consulting, LLC

PRACTITIONERS:

Yoga by Linda Green, BA, RPE
www.omnigreen.com

Massage by Jennifer Collins, LMT
http://thehouseofhealingllc.com/

Join us for a unique opportunity to learn life-balancing techniques to relieve stress and enhance healthy eating in a toxin-free environment.

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Day at the Lake Registration

Saturday, October 22, 2011

Lorenzo's Culinary School and Gourmet Shop

162 Walnut Avenue

Lakeside, Ohio 43440

Participant Information (please print clearly)

Name_____

Address_____

City_____State_____Zip_____

Please list any food allergies_____

Email_____Phone_____Occupation_____

All reservations are limited and must be paid in advance. (FAX or snail-mail this form/ payment.) Reservations will not be confirmed until payment is made. Confirmation of reservation will be made to above e-mail address provided. Cancellation: No refunds will be made. Please send replacement if you are unable to attend.

Check_____ Mastercard_____Visa_____

Check #: _____ Amount: $_____

Please make check payable to: Lorenzo's Culinary School

Credit card payment, please provide the following:

Card # _____

Expiration Date: _____VIN # _____

Signature: _____

Liability

Lorenzo's Culinary School will not be held liable for any loss, injury or damage to students or their property.

Mail form:

Carolyn Pytlik

P.O. Box 21

Vienna, OH 44473

FAX form: 234-421-5340

330-219-7714

carolynpytlik@yahoo.com