

5th Annual Health & Wellness Summit

Friday, FEBRUARY 23, 2018



7:30 am - 2:00 pm
Lakewood Evangelical Free Church
6284 Fairview Road, Baxter, MN 56425

Register online for this free event
<http://crowwingenergized.org/events/5th-annual-health-wellness-summit/>

KEYNOTE:
HENRY EMMONS, MD, Integrative Psychiatrist
Henry Emmons is a psychiatrist who integrates mind-body and natural therapies, mindfulness compassion and insight into his clinical work. Henry developed the Resilience Training Program, which is currently offered at the Penny George Institute for Health and Healing. This unique program is based upon the ideas developed in his books, *The Chemistry of Joy* and *The Chemistry of Calm*.

Who should attend this event:

- Community leaders including schools, worksites, health care professionals, services clubs, social services, faith community, and community health professionals looking to help make the healthy choice the easy choice throughout the community.
- Community members of all ages who are passionate about making the healthy choice the easy choice for themselves, their families, and our community.

Objectives of the event:

- Discover the Chemistry of Calm by integrative psychiatrist, Dr. Henry Emmons.
- Learn about the 2017 community health survey results.
- Network with other attendees who share passion surrounding health and wellness.

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www.CrowWingEnergized.org