

# Relief from Depression and Anxiety

## Learn Mind-over-Mood Techniques

in this workshop with  
Dr. Richard Pinneau

### In this workshop Dr. Pinneau offers:

- Guidance in reshaping your mind-body-emotion connections so that *you* feel in charge of your moods, emotions, life.
- A layman's guide to key parts of your mental health and effectiveness. Cognitive, emotional and physical tools (that work in harmony *along with* any counseling, medication, or professional coaching you may be receiving).
- How to trouble-shoot current diet and exercise habits for easy ways to contribute to a clearer, calmer mind.
- Strategies to reclaim the joy, calm, and confidence that is your birthright - and tap your own inner source of energy.

This inexpensive, three-hour workshop includes web-based resources, plus handouts for continued home practice.

You may make your **\$35** registration through your local sponsor (**discounted** to **\$25** if paid 7 days early).

Dr. Pinneau has thirty years of experience teaching stress management: biofeedback, relaxation therapies, meditation, yoga, and other mind-body methods for wellness.

His doctoral dissertation at the University of Michigan studied how job stress affects worker health. After teaching at Wake Forest University Medical School he became the first psychologist in North Carolina to open a private biofeedback clinic. Now based in Colorado, Dr. Pinneau travels nationwide to speak and consult on stress management and wellness.

### Event time & location:

### Sponsored by:

Register at:

**\$35**, or: discounted to \$25 if paid **7 days early**.