



Addictions & the Mind-Body Connection

Tools for the wellness journey

This innovative, free program is for community members who are dealing with addictions and the professionals who help support them. We will explore:

1. Retraining the Brain
2. Creative Visualization and Relaxation Techniques
3. The Value of Essential Oils
4. Addiction Recovery
5. Stretching, Moving, Eating for Life
6. Mind, Body, Spirit Connection

Event Speakers and Supporters

Andrew Fortunato and Linda Davis,
Families Against Narcotics (FAN)

Debbie Burns, Henry Ford Macomb
Wellspring Services

Dr. Susan Lawton, internationally recognized
clinical physiologist, basal chemist, and RN

Teri Ercolani, Wellness advocate

Lisa Bugg, Wellness advocate

Gwendolyn Stanulis, MSN, RN,
Henry Ford Macomb Behavioral Health,
Nurse Education Specialist

Wednesday, August 13

4:30 to 9 p.m.

**Henry Ford Macomb-
Mt. Clemens Campus**

215 North Avenue

Bayley Room A

*A light dinner will be available.
Registration is required.*

*To RSVP, text (586) 944-6417
or message (586) 466-9778
or email gbotard1@hfhs.org.*

