



Complimentary copy of  
“Hello, This is Your Body Talking”  
by Lucia Capacchione  
for all attendees.

## Kensington Place Family Support Workshop

# Hello, This is Your Body Talking

presented by  
Marsha Nelson, PhD

Please **RSVP** in person, on-line or by email  
[info@kensingtonplaceredwoodcity.com](mailto:info@kensingtonplaceredwoodcity.com) or  
call 650-363-9200

Seating is limited to 40 participants.

Saturday, September 29th, 2018  
9:30AM to 1:30PM

A delicious catered lunch is included  
prepared by Chef Tony

William E. Walker Recreation Center  
650 Shell Blvd  
Foster City, CA 94404  
The Crane Room



**Marsha Nelson, PhD** is the co-founder of the Creative Journal Expressive Arts & Visioning® Certification Training Programs, International Workshop Facilitator as well as certified in grief counseling. [www.LuciaC.com](http://www.LuciaC.com)

This workshop will offer the participant practical tools for dealing with emotional and/or physical pain through the use of simple breathing, creative drawing and writing prompts. These methods are based on the best selling author, Lucia Capacchione, PhD, ATR, REAT [www.LuciaC.com](http://www.LuciaC.com) book titled: “Hello, This is Your Body Talking and the Picture of Health.”

Be ready to learn some valuable tools for reducing stress and unleashing your creativity. NO art talent necessary. Come to have fun making a photo collage and take home tools for optimal health.