

# 8th Annual HEALTH & SPIRITUALITY Workshop

## *“Navigating Life’s Transitions”*

Keynote Address *“When the Real World Comes to Church”* by David Schaal

September 24-25, 2010  
Community of Christ Temple  
Independence, Mo

*Co-Sponsored by:*

**Community of Christ**  
HEALTH  
MINISTRIES  
ASSOCIATION



And

**MHIA**  
Mental Health America  
of the Heartland

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## Skill Building Sessions

Choose 4 of the 8 offerings

- **Ministry on the Edge-** Panel discussion led by David Schaal with Ruth Humbert, RN, Emily Marolf Hidy, and Craig Hidy on being involved in people’s lives to make a difference
- **“I Wish Someone Had Told Me”-** Harold Ivan Smith on the many transitions of life and the pitfalls to avoid
- **eSpirituality-** Pam Robison and Andrew Lavender with how technology can impact spirituality, discipleship, and health
- **Spiritual Disciplines that Help Navigate Life’s Changes-** Father Gary Gilbertson and Ashley Lavender
- **Pathways of Healing-** Joy Weydert, MD and Jeremy Baptist, MD speak of strengthening the immune system and healing therapies
- **How to Negotiate a Healthy Relationship-** Pamela S. Taylor, PhD, LPC will discuss how to establish positive marriage, family, friendship, church and job relationships.
- **A Place for Mom-** Victoria Jones discusses making and adjusting to later in life circumstances
- **Spiritual Assessments-** Alice Sims, RN and Chaplain discusses how to assess one’s own as well as other’s spiritual condition

*This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation*