

EPISCOPAL CONVENT OF SAINT HELENA

3042 Eagle Drive, Augusta GA 30906-3326
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~ **Health and Spirituality** ~
~ **two Fall Saturday workshops** ~

IF YOUR BRAIN IS THE
DRIVER OF YOUR HEALTH,
HOW DO YOU KEEP THE DRIVER
HEALTHY?

with Dr Robert Pendergrast
and Thomas Portney

Saturday, September 11, 9:30 – 3:30
Program fee: \$60, includes lunch.

An experiential workshop, designed to give you tools to balance the mind-body connection and keep the brain in optimal health over the course of your life. The health of the brain and body are inseparable. Biology, thoughts and emotions interact constantly. Additionally, you are "hard-wired" for connecting with the Divine. Come for insights into how the brain changes, why it doesn't change at times, and what feeds and supports brain growth and power. Befriend your brain with teachings from current medical, psychological, and spiritual research and practice. Join Thomas Portney and Robert Pendergrast for a great day of learning together.

WOMEN'S INTEGRATIVE HEALTH

with Gail Pendergrast
and Dr Robert Pendergrast

Saturday, November 6, 9:30 – 3:30
Program fee: \$60, includes lunch.

Join us for an interactive workshop to empower you in taking charge of your health and life in a new way. Gail Pendergrast, certified Life and Health Coach, and Robert Pendergrast, MD, will present real life strategies that are grounded in good medicine, common sense, and their long experience in co-leading workshops. Dr Pendergrast will also bring the latest information on nutritional medicine, herbal medicine, and mind-body approaches, as we explore women's health concerns - from cancer prevention, weight control, and depression - to heart disease and more. Gail Pendergrast brings her coaching experience in helping people turn invisible intention into visible reality.

Dr Robert Pendergrast, a Board Certified physician with over 25 years in practice at Johns Hopkins University and the Medical College of GA, completed in 2005 the Fellowship in Integrative Medicine at the University of Arizona (Dr Andrew Weil, program founder and director). Robert's integrative holistic medical practice includes expertise in clinical hypnosis, herbal medicine, and energy therapies. See <http://www.aikenaugustaholistichealth.com> where you may also order his new book, Breast Cancer, Reduce Your Risk with Foods You Love.

Thomas Portney has presented six convent workshops in the past several years. He is a mind-body psychotherapist who works at the edge of integrating healing and spirituality. Tom's workshops combine practical knowledge with hands-on experience, and are designed to challenge and engage participants. In his professional practice, A Sound Mind, Tom combines trauma healing from both brain and body levels, and assists others in reconnecting to themselves and to God in a deep manner. See <http://asoundmindonline.net>.

Gail Pendergrast, certified life and health coach, has a background in nursing with a graduate degree in community health nursing. She worked five years as a wellness company consultant, has extensive training from Peak Potentials, and is now certifying with the International Coaching Federation. Through individual or group coaching and in leading seminars, Gail helps people discover their passion and create goals that move them in that direction. Join the Pendergrasts for a great day of learning together. See <http://www.aikenaugustaholistichealth.com>.

[Register through the Convent
for workshops and
for overnight accommodations.](#)

Contact the guest office at 706-798-5201, ext 1, or augustaconvent@comcast.net. A deposit is required to confirm workshop and overnight reservations. Workshop deposits are one-half the program cost. Guesthouse reservations, which include meals, are \$60 per night per person, with an advanced deposit of \$60. Deposits are non-refundable but are transferrable. We accept Visa and MasterCard.

We look forward to your visit!