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EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**March 14th 2019: Harness the Heart's Ability to**  
**Heal Anxiety, Depression, and Trauma**

Our heart beat determines life, and the stronger our heart is, the healthier we are. This is true for our physical body and our emotional, mental and spiritual bodies. When we get hurt or traumatized, our learned response is to close off a part of our heart and to put up barriers to shield ourselves from further harm. In doing so, we cut ourselves off from the best parts of ourselves, the parts that allow us to be our authentic self and come into wholeness. We can learn healthy responses and techniques that allow us to reconnect with our heart to heal anxiety, depression, and trauma and to fin

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## Featured Guest



### Lee McCormick

Lee McCormick is the founder of The Integrative Life Center in Nashville, The Ranch Recovery Center in TN, and The Canyon Treatment Center in Malibu and has been a creative force in the Mental Health and Recovery scene for over 20 years.

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