



EMPOWERMENT



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
May 5th 2022: Simple Techniques to Identify and Manage Your Anxiety

"For years I did not know what 'it' was. I felt anxiety as depression, panic attacks, procrastination, headaches, exhaustion and sometimes I felt physically ill. I have made it a passion to find out how I could change channels in my brain to manage anxiety and live to my fullest potential, live my dreams, and thrive" writes my guest. I understand what she is saying. I didn't diagnose my own anxiety until my mid 70's and that was after 21 years of therapy with two different counselors. When we don't know what's wrong, it's hard to find the correct treatment. Taking aspirin for a headache stops

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Featured Guest



Elke Scholz, MA, RP, REACE

Elke Scholz, MA, RP, REACE, is a registered Psychotherapist, an internationally registered Expressive Art Consultant/Educator, and an internationally certified EMDR Therapist. She is the well-known author of Anxiety Warrior and the 3rd edition of Loving Your Life, with over 40 creative exercises as an e-book and paperback with a Foreword by Kate Donohue. She is also an affiliate author for ProjectHappiness. Her work includes creative anti-anxiety/wellness kits for employees, youth-at-risk, and seniors managing anxiety and depression. For over 35 years Elke has helped people in her private therapy practice in Bracebridge, Muskoka and has spoken and facilitated at conferences, on radio, and on

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