

# MIND AND BODY CONNECTION

Presented by Angela Curtis, MA

This course will describe the mind and body connection, and the effects of a person's thoughts, attitudes, and behaviors on their physical health.

*Participants will:*

- Learn about the history of and theories relating to the mind and body connection
- Identify the effects of stress on mental and physical health
- Develop understanding of how personality types influence the mind and body connection
- Be introduced to integrated methods of stress relief for adults and youth



**REGISTRATION IS REQUIRED**

Please follow the link on the [training website](#) to register.

**Approved for :  
2 SW CE Hrs  
2 CDTs Hrs  
Approved Provider  
# MICEC-0038**



**\*VIRTUAL\***

**Training link will be  
sent out via email 1-2  
business days prior to  
training date.**

**9a-11a**

**Thursday  
1/29/26**

**Wednesday  
7/15/26**

**Tuesday  
10/27/26**