

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**

**Tuesday
10/27/26**