



Senior Provider Information Network

Portland Metro Area

www.spinportland.org

Presents

“Stress Relief: Tapping Into Inner Resources”

Paul Werder, MSW
LionHeart Consulting, Inc.

Date: Monday, June 21, 2007

Time: 3:00-5:00 p.m.

Location:

Willamette View (Auditorium)
12705 SE River Rd.
Portland, OR 97222

Directions and map on back

or call (503) 654-6581

Look for fenced “Secured Parking” lot, signs and people directing traffic!

--1.0 CEU applied for from Board of Examiners of Nursing Home Administrators--

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: If you plan to attend, let us know at “RSVP Now!” on the SPIN website* :
: ***www.spinportland.org*** :
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*You may also sign up to receive e-mail reminders of meetings or unsubscribe from receiving reminders.

“Stress Relief: Tapping Into Inner Resources”

Does your work sometimes deplete your internal experience of peace and vitality – and then some? Professional care givers are often better at giving to others than at replenishing themselves. During this interactive session we will learn a simple practice that allows you to tap into your heart’s capacity to care for yourself as much as you care for others. It can also be demonstrated to elderly clients to help reduce their stress responses.

Please Forward and/or Post This Invitation for Others Who May be Interested

SPEAKER:

Paul Werder, MSW, founded LionHeart Consulting, Inc. in 1983. He has a successful track record implementing organizational changes and improving the culture and financial performance of businesses and non-profit organizations. He consistently brings forth an inspiring level of commitment and insight to ensure that each person achieves the level of success they are committed to.

Paul is currently the Chairperson of the Spiritual Leadership in Business and Organizations department at The University of Spiritual Healing and Sufism. He teaches business people how to shift their organizational reality to "genuinely enriching the planet for the benefit of all," teaching leaders how to walk through the world of business motivated by love and contribution rather than fear.

Paul received an advanced degree in Spiritual & Medical Healing from The Jaffe Institute (currently called The University of Spiritual Healing and Sufism) in 2001. He holds a Master of Science degree from the University of Washington (1976) and a BS from the State University of New York at Buffalo with a double major in Social Work and English Literature.

DIRECTIONS:

From Eastbound Ross Island Bridge onto 99E South: Follow signs for Milwaukie/SE McLoughlin Blvd./99E South. Continue on SE McLoughlin Blvd. for approx. 5 miles, following 99E South/Oregon City signs to the city of Milwaukie. Just past downtown Milwaukie, look for an overhead train trestle and a sign: "To River Road." Take River Road exit to the right. Continue uphill through "S" curve, bearing right, to River Road, about 1/2 mile. When River Road levels out, Willamette View is just ahead on your right. Look for fenced "Secured Parking" lot, signs and people directing traffic!

From I-205 North take 99E, exit 9 (Oregon City/Gladstone sign). Turn right onto 99E/SE McLoughlin Blvd. (Portland/Gladstone sign). Continue North on 99E/SE McLoughlin Blvd. approx. 5 miles to SE Park Ave. Turn left on SE Park Ave., then left on SE River Road. Willamette View entrance is immediately on your right. Look for fenced "Secured Parking" lot, signs and people directing traffic!

CAMPUS MAP:

