

**Women's Weekend of Wellness
October 14-16, 2011
Green Lake, Wisconsin**



Celebrate Autumn!

Honor the importance of self-care

Create a vision for your future while maintaining your center in the present

Enjoy meeting new people, and/or plan to attend with a few friends. The weekend will include structured activities, as well as plenty of free time. Explore the surroundings of Green Lake with hiking, biking, and kayaking, enjoy services at Evensong Spa, and experience a Healing Touch energy healing session.

Accommodations and meals will be provided in a beautifully restored home situated on the shores of Green Lake.

Offered by Katie Oberlin, HTCP

Investment: \$265.00

Includes: accommodations, meals, workshop activities and supplies, Healing Touch session, use of bicycles and kayaks, access to hiking. Treatments at Evensong Spa are extra

For registration, contact Katie:

Katie.oberlin@gmail.com

847-736-5911

About Katie:

Katie Huff Oberlin taught high school and college biology for several years before taking time off to raise four children and participate in a wide variety of volunteer projects. She has been working in Healing Touch and Integrative Medicine since 2003, offering individual sessions with adults, children, and pets, mentoring, group presentations, workshops, and retreats. Katie's past workshops include: Introduction to Energy Healing, Stress Management: An Integrative Approach, Pain Management, and Women's Wellness Days. She currently works at WholeHealth Chicago (in the Lincoln Park neighborhood of Chicago) and Advanced Wellness Specialists (in Northbrook).

In addition to her certification in Healing Touch, Katie has pursued training in Healing Touch for Children, Healing Touch for Animals, Advanced Practice Techniques, Energetic Anatomy and Physiology, Energetic Transformations, and Shamanic Studies. This energetic approach has transformed the way she views anatomy and physiology, health and healing. Katie believes in an integrative holistic approach to health care for all ages, with Healing Touch providing an important bridge between conventional and complementary/alternative care.