Women’s Holistic Health Series:  
Body Symptoms, Food Cravings & Fulfilling Life Paths  
with Katje Wagner

This 3-part series is dedicated to women and holistic health: what this means as an everyday way of being as we encounter the real challenges in our lives and the possibilities they contain. The series will focus on three areas: body symptoms, food cravings, and fulfilling life paths.

Each evening will include an introduction to the topic, overview for how to explore these issues in personally meaningful ways, and plenty of time for questions and discussion. The series is meant for all those interested in women’s holistic health, whether for yourself, those you work with, or friends and loved ones.

WOMEN & BODY SYMPTOMS: Beasts of Burden Turned Gold  
Thursday, March 25, 2010 • 7-8:30pm

Our bodies can be a source of pleasure, energy and endless creativity. No matter what stage of life, however, women may confront physical health issues that bring pain, fear and limitations, causing us to seriously reexamine how we care for our bodies and ourselves in general. These body symptoms may include chronic pain, migraines, PMS and severe menstrual cramps, digestive problems, fibromyalgia, chronic fatigue, cancer and other life-threatening illnesses, as well as general aches, discomfort, and mysterious undiagnosable physical experiences. It is important to seek medical and alternative guidance in order to care for ourselves in a variety of ways. Yet body symptoms are also a source of information and guidance from within. By believing in the value of these symptoms and exploring the energies and wisdom they carry, beasts of burden transform into the gold. We discover more of who we are and how those inner potentials can enhance our lives.

INVISIBLE NOURISHMENT: Discovering Real Satisfaction within Foods We Crave  
Thursday, April 22, 2010 • 7-8:30pm

We are motivated to “get healthy” for all sorts of reasons – serious health concerns, a desire to lose weight, or feel better in general. This can prompt us to cut out certain foods that interfere with our health goals. However, cravings for those foods often continue, sometimes to the point where we feel powerless, out of control or deprived. Such restrictive approaches are usually unsustainable and miss the incredible opportunity to discover the “invisible nourishment” within the foods we crave. Join us for an evening of deepening your relationship with food. This presentation will introduce new ideas about the meaning and purpose of food in our lives, and also give participants an opportunity to explore the invisible nourishment within their own cravings.

JOURNEYS OF FULFILLMENT: Finding and Navigating Your Own Fulfilling Life Path  
Thursday, May 27, 2010 • 7-8:30pm

What is fulfillment? What makes you come alive and feel like you are living the life you want to be living? Relationship…work…family…spirituality…sex…creativity…sports…food…money? Fulfillment is not a static end-point that one day finally arrives. Instead, living a fulfilling life is an ongoing journey of getting to know yourself. It involves exploring the meanings of fulfillment in a deeply personal way, beyond the ideas imposed by culture, family and others. What we encounter may rock our worlds and reorganize our lives, yet often brings a deep sense of peace, purpose and vitality.

LOCATION: In Other Words Bookstore • 8 B NE Killingsworth • www.inotherwords.org
COST: $5-25 sliding scale
Please call 503-232-6003 to let us know you’re coming!

Katje Wagner, PhDc, DipPW, is a psychotherapist and creative consultant, specializing in holistic health, women, and creativity. She is a Certified Process Work therapist, currently completing her PhD in Clinical/Somatic Psychology. With a background in dance, midwifery, bodywork and yoga, Katje integrates body awareness as a resource for healing, growth, guidance and fulfillment. For more information, visit www.katjewagner.com