

# All That Feeds Us

Women nourishing the whole self

Come and join us for an educational, interactive exploration of the four different levels of nourishment:

This event is meant for women of all ages and phases of life who are interested in living lives that nourish your body, senses, emotions and creativity.

Wednesday,  
April 20th 2011  
6:30-8pm

*\$10 donation to  
MercyCorps for  
Japan earthquake*

NW Wellness Clinic  
8600 SW Salish  
Lane  
Wilsonville, OR  
97070

Please RSVP:  
Inner View  
Karen McGeehan  
503-685-6242



## Physiological-

Nourish the body with real food tailored around a veggie-centered plan.



## Sensual-

Nourish and celebrate the senses, experience the delight of simple, satisfying recipes



## Emotional-

Identifying and liberating emotional relationships with food



## Creative-

Nourishing the expressive self, and coming into creatorship of one's life.

Co-facilitated by Nutritionist Karen McGeehan,  
Holistic Psychotherapist Katje Wagner, and  
Creative Consciousness Practitioner Caitlin Bargaquist.

## **KAREN MCGEEHAN MA, CN, LE:**

Karen McGeehan is a certified nutritionist and certified lifestyle educator practicing in Wilsonville for eleven years. Karen works with people of all ages and conditions. Her focus is on the function of the human body regardless of the diagnosis. Karen uses both traditional and nontraditional avenues to discover your body's full potential. Her services include; weight loss. emotional eating. digestive health. cardiovascular health. thyroid health. quality sleep. brain chemistry. fatigue/energy.

## **KATJE WAGNER, MS, DIPLPW:**

Katje is a holistic psychotherapist with a private practice in Portland and Wilsonville working with individuals, couples and groups. Katje's practice is based in Process Work and Somatic Psychology, and emphasizes the interconnection between physical health, inner experiences, relationships, social dynamics and spirituality. She specializes in working with health issues from holistic perspective. More info at [www.katjewagner.com](http://www.katjewagner.com)

## **CAITLIN BARGENQUAST, CREATIVE CONSCIOUSNESS PRACTITIONER:**

Caitlin is a veggie juicing, sex-positive writer, and interdisciplinary performance artist. Sharing in a non-authoritarian and interactive way, she envisions that as we integrate authentic self-expression into our personal and communal health practices, we become liberated to develop more attuned socially conscious bodies. This work opens doors for the use of artistic dialogue as a means for healing on personal, local, national, and global levels, giving us a greater range of options in relating to unequal power structures, diet activism, media technology, conflict, and our rapidly changing culture.

