



RCNC

Recovery Communities of North Carolina
Promoting recovery from substance use disorder and
maintaining health, in the community and statewide.



BODY

SPIRIT

HARMONY

MIND



RECLAIMING YOUR WELLNESS...

A MIND BODY ODYSSEY

With all that is going on in the world at this moment and time, it is easy to lose sight of how we find or get back to a state of resilience. This workshop will help us to rediscover, re-energize, and reconnect with that which can help us get back on track, sustain our recovery and help us develop an awareness of how to build our resilience in life through the use of mind-body medicine skills. Mind Body Medicine focuses on the powerful ways in which you can participate in your own health and healing. Thoughts, feelings, beliefs, and attitudes can affect and shape every aspect of our biological and mental functioning. This workshop will give an introductory overview of the core facets that make up Mind Body Medicine and simple ways that they can be introduced into your life.

Monday, Feb. 7, 2022

3:00 PM - 7:00 PM

To register, email: TCONYERS@RCNC.ORG
Free CEUs for this training





Lindiwe Fiarra Greenwood, MD is a Board Certified Family Medicine Physician and an RCNC Health and Wellness Associate. She is Chief Innovator and CEO of Total Renaissance Wellness, LLC, a health and wellness consulting company. Dr. Greenwood is a graduate of the University Of Maryland School Of Medicine.

She completed her Family Medicine Residency at the East Carolina University, Brody School of Medicine. Lindiwe has used Intuitive and Integrative Medicine techniques in a variety of clinical settings to help patients achieve whole body health, healing and recovery from substance use and mental health disorders. She now uses The Center for Mind Body Medicine

Model to facilitate community Mind Body Skills Groups, Corporate/School/Personal Wellness, and to present Mind Body Medicine Retreats and Workshops.

Participants for this training will:

1. Gain an understanding of mind body medicine and the biological underpinnings at play when we experience trauma
2. Identify what self-care is and why it is important in creating resilience in the face of trauma
3. Have an opportunity to illuminate simple tools to foster a daily practice of self-care and all that it can bring to one's life
4. Will be guided through an active meditation

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