

In A Nutshell

HeartSprings is a nonprofit integrative healing center for everyone focused on health, hope, and healing.

We not only help with everyday stress but also specialize in dealing with chronic illnesses, disabilities and life transitions.

HeartSprings utilizes a whole person integrative approach that complements area physicians and other healthcare providers.

All of this is done through a variety of programs such as:

Massage

Reflexology

Healing Touch

Yoga classes

Movement classes for those with chronic illnesses

Expressive Arts (poetry, art, music) for children and adults

Meditation courses

Caregiver and Grieving support

And yes, help with physiological menopausal symptoms!



HeartSprings

HeartSprings
Located out of:
Messiah Evangelical Lutheran
Church
2010 Elm ST N
Fargo, ND 58102

Phone: 701-261-3142
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www.heartspringscenter.com



HeartSprings

Love Made Visible



Menopause:

The Great Awakening



Phone: 701-261-3142

What does it mean to awaken?



Often menopausal symptoms are seen as unnatural or just a sign of old age.

But these symptoms start to awaken a “new you”.

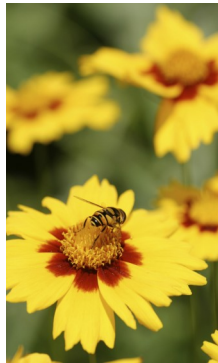
Everything becomes magnified starting in peri-menopause. Your body is signaling a physiological process that is it changing—no longer “business as usual”. These bodily changes also signal an emotional and spiritual awakening as well. It is no longer “business as usual” in your attitudes, relationships, beliefs, habits, etc. You now can awaken to a new way of healing negative attitudes and stuffed emotions, unhealthy relationships, poor health habits that perhaps you didn’t have time for while you were nurturing your family. You now have time to find a new hobby, a new passion, make new friends, have fun and find joy!

Medical science views menopause as that state of your body where you have not had a period for one full year.

What Can I Expect?

We have four facilitators for the day:

Helen Beth Kuhens, is a certified spiritual director and Lutheran pastor. She has lead many retreats on women and spirituality. She will begin the day talking about midlife spirituality (remember this is not Lutheran specific, but spirituality in general).



Denise Morris is a social worker who took specialty training in ecopsychology which looks at the role of nature in healing. She will explore with us how nature has its own cycles and then through an artistic and meditation exercise explore how nature heals.

Sonja Kjar, is a board certified chaplain and currently serves Bethlehem Lutheran Church. Sonja and Helen Beth will lead us through a ritual that helps mark this period as a significant transition in our lives and to celebrate this new way of being!

Jan Nelson, executive director of HeartSprings will briefly touch on holistic symptom relief.

Who: For any woman starting perimenopausal symptoms, those in menopause, or those in post menopause.

What: Menopause: The Great Awakening

Where: HeartSprings

Located out of:
Messiah Lutheran Church
2010 N Elm St., Fargo.

When: Sunday, April 11th

Time: 1-5pm

Why? To understand the significance of our physiological changes outside of medical science.

Cost: \$20/person

Register:

Call Jan Nelson by **Friday, April 9 at 5pm** at 701-261-3142 (min. 10)

Please feel free to bring in your women’s group from church, book club, study group, etc.

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