



Renewing Life brings together people in various stages of all different kinds of chronic illness or life-changing health situations. The goal of the program is to “empower participants to live authentically.” The program is owned by Pathways-Minneapolis and taught by local facilitators. Renewing Life is composed of the following nine sessions:

- ◆ Renewing Life
- ◆ Partnering with Mind/Body/Spirit
- ◆ Nourishing Relationships
- ◆ Restoring Spirit
- ◆ Expressing Feelings
- ◆ Making Meaning
- ◆ Creating Healing Spaces
- ◆ Loving Life
- ◆ Celebrating a Renewed Life

Participants learn about guided imagery, meditation, and coping with negative emotions. Most important, they share their stories and experiences with others in similar situations. “We’re here to help people live in the moment, and to focus on parts of their lives where they have control, meaning, and love.”

Renewing Life is the core program at Beacon House, Inc., a healing resource center that supports changing the personal focus to joy for living when facing a life-altering event – emotionally, physically or spiritually. The information, programs, and services help to move participants from surviving to living life to the fullest in the journey towards healing of body, mind and spirit.



Course Fee: \$90 (includes the manual). Pre-registration is required. Registration is limited to 11 participants. It is recommended that you commit to attending all eight sessions. Call the facilitator for sliding fee scale and more information at (920) 676-1093. Arrangements are made for anyone with special needs (food, seating, etc.). Tuition assistance is available.

Send your check for \$90 and this registration form to:

Beacon House, Inc. PO Box 1175, Green Bay, WI 54305-1175

Renewing Life Registration Form

Session Dates: _____ Amount Enclosed: _____

Your Name: _____ Phone: _____

Address: _____ City, State, Zip: _____

Email Address: _____