

# Pathways

Healing Within. Renewing Life.

## JULY & AUGUST 2024 CALENDAR OF SERVICES

📍 PO Box 19361, 5500 Nicollet Ave, MPLS, MN 55419 🌐 [www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org) ✉ [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org) ☎ 651-300-2432

### IT'S OFFICIAL: WE'VE SOLD THE BUILDING!

As most of you are aware, the majority of Pathways programs continue to be provided virtually, bringing us to the decision to put the Pathways building on the market, as it was not being utilized to its capacity. We are excited to announce the sale of the Pathways building at 3115 Hennepin Avenue South to Odigo Properties, LLC, which closed on Tuesday, April 30, 2024. Soon to be called Odigo Wellness, the new owners are a small and growing group of established wellness providers, committed to health equity and trauma-informed, integrative care and offering a wide variety of holistic healing services. They are beyond excited to base their services in this special building.

We are also pleased to say we will lease space back from Odigo to continue our on-site acupuncture program, with the hopes to add massage to our calendar in the fall. We feel so fortunate to have the continued opportunity for a presence in the building that has housed the heart and soul of Pathways for so many years.

This building has been a very special and significant part of Pathways' past. Its sale will support our continuing the important work of inviting those who seek healing to explore a variety of healing options, actively participate in their own healing process and be part of a healing community. We continue to offer all of our current programs. Please go to <https://pathwaysminneapolis.org/> to check out program offerings. We are so grateful for this transition from healer group to healer group at 3115 Hennepin Avenue South--we hope you're as excited as we are!

#### THE PATHWAYS TEAM



Emerson Smith (he/him)  
Operations Manager  
[emerson@pathwaysmpls.org](mailto:emerson@pathwaysmpls.org)

#### OUR NEW CONTACT INFO

📧 PO Box 19361  
5500 Nicollet Ave  
MPLS, MN 55419-1930

☎ (651) 300-2432

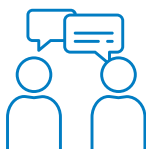
#### SESSION HIGHLIGHT: INTERNAL FAMILY SYSTEMS COACHING (VIRTUAL) JEANNE BAIN VARIOUS DAYS/TIMES

IFS is a combination of narrative work, storytelling, and getting to know the parts that make up your system! Have you ever said something like, "a part of me wants this and a part of me wants something else?" In those statements you are already noticing and giving voice to the multiplicity of parts within! IFS (Internal Family Systems) Coaching is a method that allows you to explore the parts of you in a supported way.



#### VIRTUAL PROGRAMMING

Pathways offers virtual programming using the Zoom online platform. [Please visit our website here](#) for more information and troubleshooting tips.

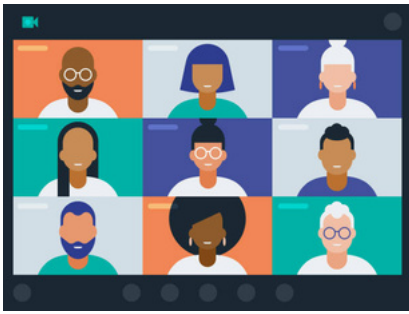


#### IN-PERSON PROGRAMMING

Pathways is currently offering select one-on-one and group in-person sessions. Our building is open to those with scheduled sessions/appointments only; *drop-in visits are not permitted at this time*. All visitors will be required to wear a face mask and complete a COVID19 screening survey upon entry. For more information on our in-person guidelines, [please visit our website here](#).

# NEW TO PATHWAYS?

Pathways offers no-cost holistic healing services and resources to people with life-threatening, chronic and life-changing health situations (as well as their caregivers). Our healing services are offered by Volunteer Providers who help Participants explore a wide range of healing approaches for body, mind, heart and spirit.



## HOW TO GET STARTED

New Participants are required to attend [New Participant Orientation](#) prior to registering for sessions at Pathways. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services, as well as allow time for questions at the end.



These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit [www.zoom.us](http://www.zoom.us) for more information.

## CREATING AND MANAGING YOUR PARTICIPANT ACCOUNT

Following orientation, [visit our website here](#) to create your Participant Dashboard account. Here, you will be able to browse all available sessions and put in your requests for the ones you'd like! You have until the 25th of each month to submit your requests. The following day, our system will randomly assign Participants their sessions for the month. You will receive an email if you are given any assignments.

Assigned sessions can be found on the [View My Scheduled Sessions](#) page. Sessions that you requested, but were not assigned to, can be found on the [View My Waitlisted Sessions](#) page.

Five days prior to your assigned session, you will be given the ability to confirm your attendance. Please be sure to log into your Dashboard and confirm as soon as possible. For Virtual sessions, your Zoom link will appear once you confirm your session. You may cancel your attendance at any time during the month.

## UPCOMING ORIENTATION DATES

Tues., 7/2 @ 12:00pm

Wed., 7/17 @ 11:30am

Thurs., 8/8 @ 1:00pm

Mon., 8/19 @ 12:00pm

*Click the dates above to register!*

To cancel/reschedule your orientation date, please email us at [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org)

All orientation times are in Central Time (CST)



## PARTICIPANT CATEGORIES

Upon creating your account, you will be asked to assign yourself a category based on your current health situation. Our system will place priority on those with higher categories when making random session assignments.

Careivers may choose to pick the same category as the person they are caring for, or to pick whichever category aligns with their own health.

Categories are self-identified by the Participant, and Pathways will never diagnose or require proof of a diagnosis to justify a category assignment. If you have been a Category 1 or 2 for a year without any advance in illness, we ask that you move your category to the next lower level to allow for newly diagnosed/those with advancing illnesses to have higher priority.

### CATEGORY 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

### CATEGORY 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, lyme, etc.).

### CATEGORY 3

For persons in recovery from stress and emotionally-based concerns related to physical illness or significant life challenges, such as grief, loss and chronic inequities.

## PATHWAYS SCENT-FREE POLICY

Many Pathways participants are chemically sensitive, and/or who have compromised immune systems. We wish to minimize as best we can the presence of scented products. To this end, we ask that you please refrain from applying perfume, cologne and/or essential oils within 24 hours of your attendance at Pathways. We also ask that you do not smoke on the property.



**Interested in volunteering?** Pathways is always excited to hear from potential Providers and Support Staff Volunteers!

Volunteer Providers are masters in their areas of expertise and should meet the following requirements to offer their modalities here at Pathways:



- Experience working with people facing life-threatening or chronic illness
- At least 100 hours working in the specific modality offered at Pathways
- Professionally trained and/or certified
- Feel a heart connection with Pathways' healing approach
- Ability to articulate a personal healing philosophy
- Actively practice the modality offered at Pathways
- Embrace the spiritual aspects of healing while being comfortable in a non-religious environment

Please [visit our website here](#) for more information and to complete our Volunteer applications!



How are we doing? We'd love to hear from you! We invite you to fill out our [online evaluation form here](#) with any feedback, questions, comments or concerns. You can also email us directly at [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org)



Follow us!

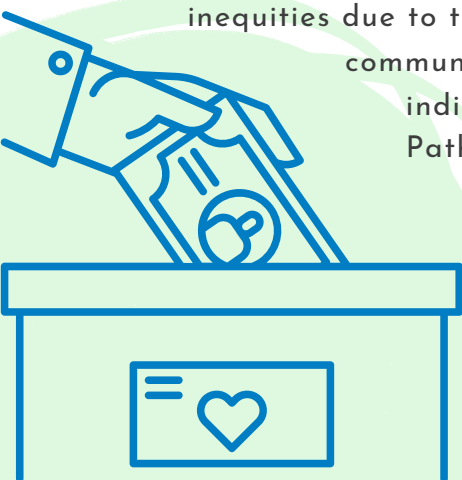
We recognize that racial, gender, and social inequities in America make it difficult, if not impossible, for all people to access the healing services they need, including the services Pathways provides.

Pathways is committed to ongoing work, learning, service, outreach, and healing to better serve individuals and groups identifying as Black/Indigenous/People of Color (BIPOC), Lesbian/Gay/Bisexual/Transgender/Queer or Questioning/Intersex/Asexual (LGBTQIA+), people with disabilities, and all others who are marginalized.

**All are welcome here.**



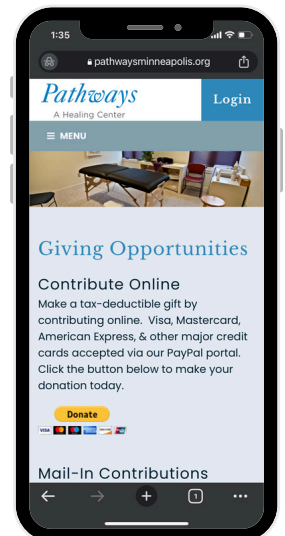
Pathways is able to provide a wealth of services and resources to those with life-threatening illnesses, chronic conditions and health inequities due to the generosity of our Volunteer Providers and our community. We are funded primarily through individual donations, so please consider supporting Pathways by making a donation today!



Click here to make a donation on our website via PayPal!



You can explore more ways to donate and support [on our website here](#). Thank you for your contribution!



## IN-PERSON ONE-ON-ONE SESSIONS

Listed alphabetically by session title

### Individual Acupuncture (In-Person)

NWHSU

Mon., July 1, 8, 15, 22 (Series)  
 Mon., July 29, Aug. 5, 12 (Series)

1:00pm - 2:15pm  
 2:15pm - 3:30pm  
 3:30pm - 4:45pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing. **(Multi-Session Series)**

*In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.*

### Distance Reiki (Virtual)

Cindy VanDrasek-Pai

Tues., July 2, Aug. 6  
 Wed., July 3, Aug. 7

9:30am - 10:00am

Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. A name and date of birth will be requested so that the energy can be activated within the participant. Reiki sessions last between 25 minutes and balance the whole person as well as stimulate the body's own natural healing ability.

### Guided Imagery (Virtual)

Mary Ellen Kinney

Tues., July 2, 16, 30, Aug. 13, 27

9:30am - 10:45am  
 11:15am - 12:30pm

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it!

## IN-PERSON GROUP SESSIONS

Listed alphabetically by session title

### Community Acupuncture (In-Person)

NWHSU

Mon., July 1, 8, 15, 22 (Series)  
 Mon., July 29, Aug. 5, 12 (Series)

1:00pm - 2:00pm  
 1:30pm - 2:30pm  
 2:00pm - 3:00pm  
 2:30pm - 3:30pm  
 3:00pm - 4:00pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Community Acupuncture involves treating multiple participants at the same time in a large communal room. Each person will be socially distanced and rest comfortably in a reclining chair. If possible, please try to wear loose comfortable clothing. **(Multi-Session Series)**

*In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.*

### Healing Touch (Virtual)

Jim Taylor

Wed., July 3  
 Thurs., July 11, 18, 25, Thurs., Aug. 8, 15, 22, 29

12:00pm - 12:45pm  
 1:00pm - 1:45pm

We will begin this online session by discussing your healing request or intention. You may then choose to disconnect or maintain the connection. You will find a place to relax during the session. I will work within your aura/energy field to clear, balance, and energize your whole person - mind, body and spirit. At the end of the healing you may choose to reconnect to discuss the session.

### Healing Touch (Virtual)

Mary Johnson

Tues., July 9, 23, Aug. 6, 20

12:00pm - 12:45pm  
 1:00pm - 1:45pm

Healing touch is a gentle intentional healing art that promotes balance and flow in the human energy field requiring a deep sense of centeredness and mindfulness. The session will begin with an assessment of your situation and your healing process. You will then choose a comfortable place (couch, bed, or chair) where we can explore and experience guided imagery, deep breathing, and other practices that encourage relaxation and openness to your natural healing ability. The session will end with a gentle return to alertness and a sharing of perceptions.

## VIRTUAL ONE-ON-ONE SESSIONS

Listed alphabetically by session title

### Completing Your Health Care Directive (Virtual)

Gay Moldow

Tues., July 2, 16, Aug. 6, 27

1:00pm - 2:30pm

Everyone should talk with a trusted person about their health care wishes. In MN, a completed health care directive can appoint an agent to speak for you if/when you cannot express your choices about your current and future health care treatment. The Honoring Choices form will be discussed and completed identifying your wishes and choice of agent.

### Health Coaching (Virtual)

Claire Stuckey

Thurs., Aug. 1, 8, 15 (Series)

3:00pm - 4:00pm  
 4:00pm - 5:00pm

Health coaching is a participant-centered confidential process to facilitate and empower the participant to achieve self-determined goals related to health and wellness. Health coaches apply clearly defined knowledge and skills so that participants mobilize internal strengths and external resources for sustainable change. **(Multi-Session Series)**



## VIRTUAL ONE-ON-ONE SESSIONS

*Continued*



### Healing Touch & Reiki (Virtual)

*Liz Flavin*

Wed., July 3, 17, Aug. 7, 21

1:00pm - 2:00pm  
2:15pm - 3:15pm

The movement of energy is not restricted by time and space, which allows distance healing to be effective when provider and participant are not in the same location. This virtual session will begin with a brief check-in conversation via Zoom to discuss your health concerns and goals. Then, you will relax in your home while the practitioner focuses on sending love and light to you, restoring balance to mind, body and spirit.



### Internal Family Systems Coaching (Virtual)



*Jeanne Bain*

Wed., July 10, 24  
Fri., July 19, Aug. 16  
Tues., Aug. 13

12:30pm - 1:45pm (Wed.)  
4:00pm - 5:15pm (Fri.)  
3:00pm - 4:15pm (Tues.)

IFS is a combination of narrative work, storytelling, and getting to know the parts that make up your system! Have you ever said something like, "a part of me wants this and a part of me wants something else?" In those statements you are already noticing and giving voice to the multiplicity of parts within! IFS (Internal Family Systems) Coaching is a method that allows you to explore the parts of you in a supported way.



### Life Coaching (Virtual)

*Carla Beach*

Wed., Aug. 7, 14, 21 (Series)

9:30am - 10:30am  
10:30am - 11:30am

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment. **(Multi-Session Series)**



### Spirit Allies (Virtual)

*Jan Page*

Thurs., July 25, Aug. 8, 22

1:30pm - 2:45pm  
3:00pm - 4:15pm

Learn to recognize and strengthen your connection to your Spirit Allies committed to protect, heal, guide, & inspire you. Spirit Allies can be deities, ancestors, nature, personal beliefs and more. During this session you can be seated or laying down.



### Too Much Togetherness (Virtual)

*Barbara McCleary*

Mon., July 8, 22, Aug. 5, 19

11:00am - 11:45am  
12:00pm - 12:45pm

This session focuses on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life. Whether it is you on your own, you and a partner, children, roommate(s), or a larger extended family, trying to valiantly exist independently or co-exist with others can be a major challenge these days. In this session we will discuss setting reasonable expectations, and coping strategies. You will learn some new tools, and hopefully, leave feeling less overwhelmed.



### Voice Healing (Virtual)

*Myo-O Marilyn  
Habermas-Scher*

Thurs., July 18  
Wed., Aug. 14

9:30am - 10:15am  
10:30am - 11:15am

Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated.

## VIRTUAL GROUP SESSIONS

Listed alphabetically by session title



### Adventure with Inspiration and Gratitude (Virtual)

*Stephanie Siddiqui*

Tues., July 30, Aug. 27

10:00am - 11:00am

Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.



### Asking For Help Successfully (Virtual)

*Kate Jackson*

Tues., Aug. 13

1:00pm - 3:00pm

Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.



### Conscious Creating (Virtual)

*Stephanie Siddiqui*

Tues., July 16, Aug. 13

10:00am - 11:00am

Feeling creative or playful or unsure? Use your intuition for whatever artistic media you like to use. You can create paper collages, digital art, sketch, paint, weave, carve, knit, etc... use this creative time together to be inspired and share your artistic expression/passion/insights. Consciously create what you emotionally react to for wellness and healing. Create with others with the intention of expressing what is important to you at this moment for healing with a different theme each month.



### Courageous Writers Group (Virtual)

*Jeanne Bain*

Tues., July 16, Aug. 13  
Thurs., July 18

1:00pm - 2:30pm (Tues.)  
7:00pm - 8:30pm (Thurs.)

Feeling creative or playful or unsure? Use your intuition for whatever artistic media you like to use. You can create paper collages, digital art, sketch, paint, weave, carve, knit, etc... use this creative time together to be inspired and share your artistic expression/passion/insights. Consciously create what you emotionally react to for wellness and healing. Create with others with the intention of expressing what is important to you at this moment for healing with a different theme each month.

## VIRTUAL GROUP SESSIONS

Continued

### Creative Journaling: Befriending Your Journey (Virtual)

Kate Wolfe-Jenson  
11:00am - 12:00pm

Wed., Aug. 21

Has becoming ill detoured you from the life you planned?, Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

### Creative Journaling: Befriending Your Mind (Virtual)

Kate Wolfe-Jenson  
11:00am - 12:00pm

Wed., July 17

Are you sometimes beset by fears, anxiety and other "negative" emotions? Learn how your journal can become a tool for practicing self-compassion. We'll use simple creative journaling and meditation techniques to greet thoughts and emotions with gentle curiosity that moves us toward healing. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

### Exploring Isolation & Connection (Virtual)

Barbara McCleary  
2:00pm - 3:15pm

Mon., July 22, Aug. 19

Why are our relationships so vital to our emotional and physical well-being? Is there a difference between isolation, solitude and loneliness? If I am alone, does it mean I am lonely? How come I feel so alone when I am in this crowded house with my whole family? What types of connection do we require to thrive? Are technology and social media bad for me? What is meant by quality interactions? How can I build new connections? Why is service to others an antidote to loneliness? In this group, we will explore these questions and more.

### Handwriting That Heals with The Vimala Alphabet (Virtual)

Shannon Poppie  
12:00pm - 1:15pm

Thurs., July 11, Aug. 8

Did you know that your handwriting is a gateway to healing and self-fulfillment? This session will provide you with the tools and technology to transform old thought patterns into new and supportive ones that will result in exciting new ENERGY in all areas of your life! Just by choosing to make a few changes to the way you write! Learn a simple practice that has NOTHING to do with handwriting analysis (I promise) and was not created to improve penmanship; it was created to improve lives! All you need is a pen, unlined paper and a desire for change.

Not everything that is faced can be changed,  
but nothing can be changed until it is faced.

— James Baldwin

### The Happiness Advantage: Give It a Shot (Virtual)

Christine Smith  
Sanchez-Peterson

Wed., July 24, 31, Aug. 7, 14, 21, 28

11:00am - 12:30pm

"Everything always works out for me." My motto, mantra and the tiny voice that whispers deep inside my heart reminding me everyday that life loves me. This little voice has kept me safe, protected and most importantly, aware of the many fearful illusions that often keep me and you afraid of moving forward, uncertain and distrustful of living life to the fullest. This fear keeps us stuck. In this circle we are going to explore the idea that no one is broken or needs to be fixed. We simply need to learn new strategies that create alignment to the abundant universe we exist in. Building a new bridge between where you are now to where you want to be is the goal. Happiness is not something we search for and find, happiness is something we do, choose and are, no matter the circumstances of our life.

### Healthy and Simple Meals (Virtual)

Mariola Minta  
2:00pm - 3:15pm

Fri., Aug. 23

In this online cooking presentation, you will learn how to prepare simple and tasty meals for yourself and others. Most of the recipes will be based on a plant-based diet. Gluten-free and low carb alternatives will be mentioned as needed.

### Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Barb Palmer  
1:00pm - 2:00pm

Mon., July 1, 8, 15, 22, 29, Aug. 5, 12, 19, 26

Please join us as we gather to share our Love Energy with each other and balance our energy. You will be guided as you practice the simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and can be done standing or sitting.

### Tai Chi for Rehabilitation (Virtual)

Stephanie Siddiqui  
11:00am - 11:00am

Tues., July 9, Aug. 6

This is a wonderful Tai Chi for Health form that is a mix of Sun, Yang, and Chen Styles and it is great for beginners and intermediate levels. Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes on practice, and 15 minutes on cool down and reflection.

### The Enneagram and Our Health Journey (Virtual)

Kate Jackson  
1:00pm - 2:30pm

Thurs., July 11

The Enneagram is a self-awareness tool that offers insight into our thoughts, feelings, behaviors and motivations. This session introduces the nine personality types and how our type can impact the way we journey with health as well as how others (practitioners and loved ones) may perceive us. We will not be identifying individual Enneagram types in this workshop, but you can take this online test to get started on identifying your type if you'd like. <https://www.enneagraminstitute.com>. We usually wrap up in 90 minutes, but I like to allow time for questions.

## VIRTUAL GROUP SESSIONS

Continued



### Typical Stress Reactions of the MBTI (r) Types (Virtual)

Jean Kummerow

Tues., July 23

10:00am - 12:30pm

YOU MUST KNOW YOUR MBTI (r) TYPE TO PARTICIPATE. Personality type, as identified by the Myers-Briggs Type Indicator (r) (MBTI) instrument, is a powerful tool to understanding stress reactions. And knowing typical stress reactions helps to identify when stress is building and thus provides an opportunity to relieve it. This class will describe for each type some typical stressors and typical reactions as well as some ways people of your same type have found to help deal with stress. Stress doesn't go away, but it can perhaps be better managed using this powerful Jungian model of personality. Participants must have video access since slides will be presented explaining the content. Handouts will be provided via email. Assigned participants will be contacted by the provider prior to the session for screening purposes.



### Vibrational Healing (Virtual)



Stephanie Siddiqui

Tues., July 23, Aug. 20

10:00am - 11:00am

Participate in playful vibrational healing as we sing, chant, drum, and tap or massage energy points on the body. This is an interactive class where participants are invited to join us in drumming, singing, chanting, and self-care tapping/massage along with time for reflection. You can stay on mute when we sing, chat, and drum. All levels of ability are welcome and modifications are okay. If singing, drumming, or tapping movements are difficult, one can visualize or enjoy the sound vibrations from the group. At the beginning and the end of the class, we will share how we feel arriving and how we feel leaving and people are encouraged to share what they liked during each practice if they would like. We will chant or sing for 15 minutes, We will drum/shake for 15 minutes, and for 15 minutes we will tap or massage energy points or pathways based on Chinese medicine or do self-lymphatic massage.



### Writing for Healing (Virtual)

Wendy Brown-Baez

Thurs., July 25, Aug. 8, 22

1:00pm - 2:30pm

Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we write in short bursts of 7- 8 minutes and share what we wrote, followed by supportive, positive feedback. The purpose is to tap into our inner voice and to spark conversation. This is ideal for those with health challenges and caregivers. All levels of writers welcome.



### Yoga for Mind, Body & Soul (Virtual)

Mary Sanders

Tues., July 23, 30, Aug. 6, 13, 20

10:30am - 11:15am

The mind-body-soul connection refers to how our thoughts and feelings affect our physical well-being and vice versa. An integrated and balanced mind-body-soul connection is the pathway to being the best you can be. Prior experience is not necessary for this class. We'll engage in gentle and flowing movement to stimulate circulation of blood, energy, and oxygen throughout our bodies. A variety of meditation practices will be integrated into the class to help engage our hearts and minds as well as our bodies. Adaptions will be offered to help make this class available and fun for everyone. Please wear comfortable clothing and have a chair available.

## PATHWAYS BOARD OF DIRECTORS

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## CARE COMMITTEE

Ann Agrimson &  
Kate Wolfe-Jenson



On behalf of all of us here at Pathways, thank you for over 35 years of your continued support.

