



The Holistic Healing through Integrative Medicine Conference presents: *A Day of Healing*

December 4th, 2020 | 9am - 4:15pm | Fully virtual through Zoom

You are invited to join us for the 5th Annual Holistic Healing & Recovery through Integrative Medicine Conference! A Day of Healing, a free, virtual conference. You may "jump in and out" of any of the healing sessions being offered throughout the day. It is sponsored by Connecticut's Statewide Behavioral Health Integrative Medicine Collaborative.

Schedule

- **9:00am** Opening Remarks by Dr. Miriam Delphin-Rittmon, DMHAS Commissioner
- **9:15am** Healing Rhythms with Craig Norton
- **10:15am** Move & Renew-Rainbow Reiki with Gina Ferrara
- **11:15am** Qigong for Stress Reduction with Craig Best
- **12:15pm** Breath-Body-Mind with Dr. Angel Rafael Brana-Lopez (Spanish & English)
- **1:15pm** Mindful Movement: Introducing Yoga to Connect with Body with Amy Lane
- **2:15pm** Meditation & Sound Healing with Kelvin Young & Alicia Feller
- **3:15pm** I am Enough: An Exploration of Restorative Yoga Practices with Sara Balkun
- **4:00pm** Deron Drumm Memorial Award & Logo Winner Announcement!

Register at

<https://womensconsortium.configio.com/go/imc2020>