



PHOEBE NEEDLES CENTER, INC.

732 Turners Creek Road
Callaway, Virginia 24067-5814
(540) 483-1518
PNCenter@gmail.com
www.PhoebeNeedles.org

“HOW TO BE YOUR BRAIN’S BEST FRIEND”

August 8, 2023

10:00 a.m. to 12:00 p.m.



Please join us for “How to be Your Brain’s Best Friend” presented by Sandy Jahmi-Burg.

What does it mean to have a “Healthy Brain?” What does it mean to have an “Integrated Brain?” How could you be your brain's best friend? Sandy Jahmi-Burg will lead us in experiential exercises and teach us ones we can do on our own.

We now understand that our brains are capable of growing both new neurons and neural connections throughout our life. Wouldn't it be helpful to know some simple exercises to make the most of those capabilities? Sandy will help us deepen our understanding of the neuroscience around our own divided brains. It turns out that our left and right hemispheres are more divided now than ever in the evolution of the human brain.

Learn some interesting Neuroscience and a bit about “Focusing” – an internationally known, emerging form of Psychotherapy started by Gene Gendlin. Bring your body-brain questions and a sense of humor. Together, we will explore how this affects our daily experience of being a human being in these times!

Sandy has a B.S. in Medical Technology and worked in hospitals for 25 years. She is a Certified Coordinator for The International Focusing Institute (www.focusing.org). She teaches Focusing, including neuroscience and spatial awareness skills. Sandy is the author of a children’s book series, Smartview Stories, a social emotional literacy program. She has studied the ancient language of Aramaic to understand Jesus' words more intimately, was a landscape designer for many years, and calls Floyd County her home.



PLEASE
REGISTER & PAY
IN ADVANCE.



Please join us for a great program and fellowship. Invite a friend!

“How to be Your Brain’s Best Friend”

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(To register, please complete this form and return it to the Center by Friday, July 7th.)

Name _____ Spouse/Guest _____

(Please include the Rev., Dr., Mr., Mrs., Miss, etc.)

Address _____ City _____ State _____ Zip _____

Daytime Telephone Number _____ Email _____

Circle One: I have special dining requirements and will email PNCenter@gmail.com to make arrangements. Yes No

Unless otherwise informed, Phoebe Needles Center, Inc. will consider your registration as permission to use your photograph if it appears in video or still photos including our web site unless otherwise requested.

RESERVATIONS & COST

To make a reservation, please return the form at the bottom of the first page, call the office at (540)483-1518, or email PNCenter@gmail.com. Please make your reservations no later than the Friday before the event.

You are welcome to arrive at McCauley Community Center for a coffee social at 9:30 a.m. prior to the event. The event will start at 10:00 a.m. Lunch starts at approximately 12:00 p.m. The cost of the program plus lunch is \$12.00 for members and \$20.00 for non-members. You **MUST** call ahead and make a reservation to ensure we prepare enough lunch. If you have a food allergy or other special dining need such as vegan, vegetarian, gluten-free, low-salt or other requirements, please notify us as the time of your registration. We will try to provide a meal that meets your needs; however, we may not be able to honor all requests. Special requests may be emailed to PNCenter@gmail.com.



You may pay in advance using PayPal at www.Phoebeneedles.org.



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