



[HEAL](#), the new documentary directed, written, and produced by Kelly Noonan Gores, supports the idea that we have more control over our health than we've been previously taught. The film tells the compelling stories of people who have overcome chronic diseases and pain—which are considered to be among most common and preventable of all health problems—by focusing on the power of belief and investing in practices and therapies that support the body's inherent ability to regenerate.

Join us for our next

Recovery & Wellness Series

presented by [Star Rose Bond](#), Clinical Therapist & Personal Coach

Discover easy tools and techniques to re-wire your brain and support neurogenesis and long-term healing

- Be **inspired** to look at your own life in a new way—from passivity to transcendent empowerment
- Explore the concept of **healing** on all four levels: **physical**, **mental**, **emotional** and **spiritual**
- **Challenge** old beliefs
- Expand **awareness**
- Understand that **self-love** is medicine for the mind/body
- Learn what Neuroplasticity is and why it is **AMAZING!!!!**

WHEN:

Thursday, January 18th, 2018
6:00pm—8:00pm

WHERE:

CoRR Campus - Grass Valley
180 Sierra College Drive, Grass Valley, CA 95945
SPACE IS LIMITED, RSVP to:
Serenity Madison (530) 273-9541 ext. 217, sjolley@corr.us



*Any views or opinions presented in this forum are solely those of the speaker(s) and do not necessarily represent those of Community Recovery Resources (CoRR) or the Coalition for a Drug Free Nevada County (CDFNC). In accordance with the Americans with Disabilities Act (ADA); if you need assistance, including disability-related modifications or accommodations, please **contact Serenity Madison**, at (530)273-9541 ext. 217 no later than five calendar days before the meeting .*