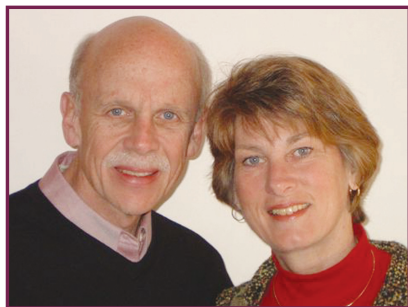


PROFESSIONAL TEAM

LIVING WELL CLASSES

Co-directors of the Avera Center for MindBodySpirit are:

- **Michael R. McVay MD,**
Medical Director of the Avera Center for MindBodySpirit; cardiologist, Yankton Medical Clinic, P.C.
- **Ellen R. McVay, LCSW-PIP**
Licensed certified social worker, in private independent practice



THE AVERA CENTER FOR MINDBODYSPIRIT promotes mind-body-spirit integration and serves to complement traditional care through the understanding that self-care is a vital component of optimal health and well-being.

All programs are designed for people who want to learn how to better manage the stress in their lives, including those who are dealing with...

- chronic pain
- cancer
- fibromyalgia
- heart disease
- chronic illness
- diabetes
- infertility
- menopause
- weight loss issues

LOCATION

The Avera Center for MindBodySpirit is located on the fourth floor of the Benedictine Center on the Avera Sacred Heart Hospital campus.

For more information, call
605-668-8715
501 Summit, Yankton, SD 57078
averasacredheart.com

Avera 
Center for MindBodySpirit

We're Caring for Life

LIVING WELL CLASSES

MIND

BODY

SPIRIT

Avera 
Center for MindBodySpirit

We're Caring for Life

THE AVERA CENTER FOR MINDBODYSPIRIT

promotes the belief that each individual has the capacity to alleviate personal pain and suffering. The human body was created with a natural healing capacity, which is influenced by personal health habits, lifestyle, emotions, thoughts, spirituality, social support and environment. This wholistic view of the human person forms the foundation of all the Living Well classes.

GROUNDING IN RELIABLE CLINICAL RESEARCH,

mindbodyspirit medicine complements traditional medical care by fostering the belief that self-care is a vital component of optimal health and well-being.



We're Caring for Life

"I learned that I may not be able to change my environment, but I can change my reaction to it."

-quote from Living Well program participant

LIVING WELL

The name "Living Well" has a two-fold meaning. The first and most obvious is living in a way that fosters wellness. The second meaning refers to the "living well" that resides in each one of us. The "inner well" refers to our spirit, offering an inexhaustible source of peace, wisdom, refreshment and renewal.

GOALS

Participants will be able to:

- Understand how stress affects your entire mindbodyspirit
- Examine beliefs that contribute to stress
- Reduce stress-related symptoms
- Increase a sense of well-being
- Regain a sense of control and self-empowerment

PROGRAM CONTENT

The stress reduction classes are eight weeks in length, meeting weekly for two hours. Participants meet in a small group with one of the professional staff members. In this setting, participants will learn:

- The relaxation response
- Meditation, mindfulness and imagery
- How thoughts affect health
- How personal faith and spirituality promote health
- The "whole foods" path to healthy eating
- Body awareness through gentle yoga stretching

"This class reinforced the truth that it is my responsibility to take care of myself, to recognize stress and do something about it."

"I learned that I need to listen to my body and treat it well, with consideration to all aspects."

"This was a wonderful opportunity to slow down, realize my stress and lack of balance in my life. I now have real-life tools to improve my daily life."

- quotes from Living Well program participants