

NEW CLASSES at UHMC!



Level 1: How to Recognize and Heal the Issues in Your Tissues

- For personal awareness and healing – Everyone carries “issues in their tissues.
- Explore the mind-body connection – Understand how thoughts and emotions influence physical health or illness.
- Gain practical tools – Learn techniques to manage daily stress, release trauma, and promote lasting well-being.
- Open to all – Anyone willing to engage in personal growth is brave, resilient, and welcome.

October 4th & 11th, 2:30-4:00pm, \$79

UHMC Campus, Laulima Bldg, Room 103

Level 2: How to Handle Others' Emotions in the Workplace

- Builds on Level 1, equipping professionals with skills to support emotions in the workplace.
- Designed for anyone working with the public in health care, beauty, retail, food service, finance, etc.
- Learn skills to hold space for emotional release in coworkers and clients.
- Establish and maintain healthy boundaries while supporting others.

The Level 1 class is recommended but not required. You have the option to take Level 1 and Level 2 sequentially, on four consecutive Saturdays.

October 18th & 25th, 2:30-4:00pm, \$79

UHMC Campus, Laulima Bldg, Room 103



Taught by Denise LaBarre,
Author of *Issues in Your Tissues*

For More information about Denise, her work, and this class
please visit www.HealingCatalyst.com or call 808-575-2244

Enroll Here: [Level 1](#)



[Level 2](#)

