



Dr. Gabor Maté

Ladner United Church Presents a day with

Dr Gabor Maté

‘Cultivating Awareness of Stress and Addictions’

Renowned speaker & best selling author

Saturday, October 16th, 2010

Ladner United Church
4960 – 48th Avenue, Delta BC

Please join us for an informative presentation and dialogue with the renowned Dr. Gabor Maté, who has worked extensively in the Vancouver East Side and written books about the topics of stress and addiction. Participants will develop informed, compassionate understanding and will come away with a fresh and in-depth look at stress & addiction applicable to their life & work.

Stress-Disease Connection

Topics covered:

- *The nature of stress and how your body, mind and spirit reacts
- *How to recognize stress and prevent it.
- *Where stress comes from
- *Major life stresses
- *The hidden shame of stress

Addictions: The Hungry Ghost

Topics covered:

- *Exploring the continuation of addiction in modern society.
- *Helping the addicted person
- *Addiction as a response to distressing life events & situations
- *Is healing possible?

“An energetic speaker who uses current research, has extensive personal experience and uses current stories & examples.”

For more information on Dr. Maté, please go to www.drgabormate.com



Please detach & return registration form with your payment.



Name: _____

Address: _____

Telephone: _____ Email: _____ Fax: _____

Saturday October 16th, 9:30 am to 4:00 pm

Doors at 9:00 am - Limited to 100 participants

- \$90.00 (includes presentations, light lunch & 2 coffee breaks.
- \$75.00 for Youth (up to 18) and Seniors (over 60 years old)

Registration payable by cheque (made out to Ladner United Church) or cash if paid in person. Please mail your registration form to: Ladner United Church, 4960 48th Avenue, Delta, BC V4K 4X6 or bring into the church during office hours; 9am to 1pm Mon to Fri.

RSVP TO WENDY 604-946-6254 BEFORE **SEPTEMBER 24, 2010**. PAYMENT REQUIRED UPON REGISTRATION. IF CANCELLATION IS REQUIRED, AT LEAST 72 HOURS NOTICE NEEDED FOR FULL REFUND OF PAYMENT.