

**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND MOVEMENT SCIENCE
2012 SUMMER INSTITUTES**

All summer institutes listed award 3 graduate credits. For further information, please call the Department of Health, Physical Education and Movement Science at (516) 299-2671.

LIU POST

HPE 750 Wellness: The Mind Body Connection (2894) Prof. Massaro 7/23-727

EDU 750 Wellness: The Mind Body Connection (2895) Prof. Massaro 7/23-727

WELLNESS: THE MIND BODY CONNECTION

HPE 750 (2894)

EDU 750 (2895)

M, T, W, Th, F, July 23-27

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **MARY MASSARO**

Your Campus, School, Classroom, Office, Home, Relationships...it's about YOU

We – our bodies and minds – are a collection of systems which interact continuously with a vast array of other systems in a variety of environments. ALL of these environments and systems (including YOU) require optimal balance in order to achieve a productive and effective state.

This Wellness Institute provides effective and broad-based wellness training dedicated to enhancing knowledge and practice of healthful living strategies. Beginning with the self, students will experience and master skills starting from the inside out, starting with those directly related to managing yourself and your responses and progressing to those which can be applied to produce a healthier work and home environment.

The course encourages awareness of life style changes that promote healthier behaviors by focusing on the physical, emotional and spiritual resources of the individual to cope more effectively with life's challenges and assist in creating a productive personal and professional life. This course is for individuals who wish to gain advanced understanding and mastery of tested and proven wellness management strategies for increased personal and professional well-being and productivity as well as for those who wish to use the principles of wellness management in helping others respond constructively to demanding lifestyles.

WORKSHOP COORDINATOR: Mary Massaro, M.S. NCPsyA. Mary is founder and Executive Director of Balanced Health Systems and has consulted for major corporations and school districts on wellness, stress management, productivity and group team effectiveness. She recently authored a chapter in *Walking in Two Worlds: Self Relations in Theory, Practice and Community*. A nationally certified psychoanalyst, Mary's private practice is in Mind/Body Integration Therapy. She also holds certifications in Eriksonian Hypnotherapy, Rational-Emotive Therapy, Stress Management Education and Neurolinguistic Programming. Mary is a Fellow of the American Academy of Pain Management and has served on the National Board of Directors of the American Association of Pain Management. An adjunct faculty member at LIU Post for almost twenty years, Mary has also taught at numerous other colleges and lectures widely throughout the country.