

ITP International presents

The Practice of Health

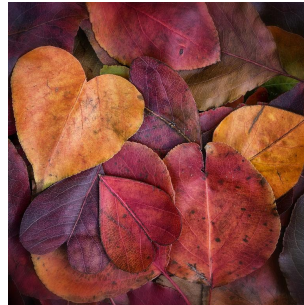
Building a Wellness Community

September 25, 2019, 3-5 pm

Kaiser Permanente, Beaverton Medical Clinic
4855 SW Western Avenue, Conference Room 1A, Beaverton, OR

Ready to feel balanced, vital and healthy?

Join us for a 2-hour introduction to *The Practice of Health* and experience a pathway for making positive, lasting changes in your life.



This workshop, presented by Larry Jacobson and Pam Kramer, is based on the work of George Leonard and Michael Murphy, human potential visionaries, and their creation of Integral Transformative Practice (ITP) in 1993. A well-researched personal transformation program for all ages, ITP was designed to help people experience balance, optimal health and vitality in their lives.

Highlights

- Mindful movement, deep relaxation and time for personal reflection
- Positive affirmations to move with the natural flow of life and greater vitality
- Connections with others aspiring healthy growth and positive change
- Explore creating a *Practice of Health* ITP community dedicated to greater health and aliveness

For more info and to RSVP, contact Larry Jacobson: JacobsonLM1@yahoo.com or 206-232-6300

Facilitators

Pam Kramer, MS, is ITP International president, integral development teacher and Esalen Institute faculty member. An experienced trainer, counselor and coach for organizations over the past 40 years, such as Blue Shield of CA, Peet's Coffee & Tea and Stanford University, Pam guides people to experience a rich, vibrant life in refreshing, life-affirming ways using the principles and techniques of Integral Transformative Practice.

Larry Jacobson, LCSW, MPH, has more than 30 years of healthcare experience, including counseling, program development and administration. Larry has worked with organizations like Kaiser Permanente, Pacific Medical Center & Clinics, the Veterans Administration and United Healthcare. Passionate about helping consumers reach optimal health and navigate the complex healthcare system, he is currently developing an Eldercare Advocacy program.

For more information about Integral Transformative Practice, visit our website: www.itp-international.org