

BONNIE CRIFE AND JOHN NICKISSON

Present

THE SEVENTH ANNUAL

***STRESS***

***FREE***

***SATURDAY***

**A Day of Sharing, relaxation, and Fun**



**March 6TH, 2010**

**10:00 AM to 2:00 PM**

**At The Centre Building, LLC**

**18554 Northland Drive, Big Rapids**

**(1 mile north of the airport on old 131)**

## **Stress Free Saturday is Free!**

We do ask that you bring a cash donation to donate to our charity of the year

### **PROJECT STARBURST**

Project Starburst works with families to address short-term emergencies and to solve family problems. It also assists with food and housing needs, rent, utilities, security deposits and prescriptions as well as eye/dental referral service. It offers a furniture and household goods bank as well as baby formula and other needs.

**In these times, so many people need help with fuel and other necessities. Your generosity will be immensely appreciated by all!**

***Door Prizes Galore***

***Lots of Food and Fun!***

***(Lunch and snacks provided,  
vegetarians accommodated)***

## **Stress-Free Saturday Schedule of Events**

**10:00**

**Registration and Coffee, introduction of practitioners and presenters.**

**10:30—11:30**

**Health and the Raw Food Diet: Suzy Williams**

This is an informative, experiential talk on nutrition, raw foods and healthy living. There will be recipes and samples for you to try.

**Or**

**Ready, Steady, Go! A 5 Step Self-Check: With John Nickisson**

This workshop gives you a simple formula to use anytime to help you make decisions throughout your experience of change. From Thinking about change, preparing, action, and sustaining change.

**11:30—12:30**

**Noon: Lunch and Conversation**

**12:30—1:30**

**Naturopathy: Julie Norton**

**Or**

**Stress-Management for life: Bonnie Cripe**

Are you feeling "stretched to the limit" and tired? Are you feeling like you are just "getting through" the day instead of "getting from" the day? Learn how to manage your life instead of having it manage you.

## **The people who bring you Stress Free Saturday**

**BONNIE CRIPE**, PhD, LMSW, ACSW, of the Northland Counseling Center, PLLC, is a psychotherapist and hypnotherapist. Her work focuses on empowering individuals as they heal in mind, body and spirit. Bonnie is also a Reiki Master who incorporates healing arts and the Emotional Freedom Technique in her work with clients.

Bonnie will be offering a workshop on Risk Taking 101, March 16th.

Bonnie can be reached at (231) 592-8090, or Email at northland-counseling@charter.net.

**JOHN NICKISSON**, LMSW, MA, CAAC-R, ADS, of Access Counseling Services, specializes in the integrated treatment of addictions and mental health. John's work is holistic and strengths-based, focusing on the knowledge, skills and abilities the client brings to counseling. The same elements form the cornerstone of his education and research projects.

John offers a Walk-In Acupuncture Clinic three times a week for more information Email at accesscounseling@live.com, or call (231) 349-6111.

***Bonnie and John are currently accepting new clients for psychotherapy and counseling.***

For more information or for a monthly schedule of classes or workshops offered, please visit The Centre's website:

**[www.thecentrenews.com](http://www.thecentrenews.com)**