

# FREEDOM FROM STRESS

## THROUGH THE WORK OF BYRON KATIE



“Every stressful moment is a gift that points you to your own freedom. When you realize this, life becomes very kind.”

**Byron Katie**

### Two Complimentary Workshops with Byron Katie

#### Thursday, May 15<sup>TH</sup>, 2008

U OF U RICE-ECCLES STADIUM TOWER 6<sup>TH</sup> FLOOR

3:00 - 5:00 pm **Stress Management & Conflict Resolution**

OPEN INVITATION to ALL Military & VA Medical, Mental Health & Support Professionals

6:00 - 9:00 pm **Your Personal Freedom from Stress**

OPEN INVITATION to ALL Returning Soldiers, Veterans, Their Families & Friends

#### REGISTRATION CONTACT

RSVP, POC: PJ Anderson, SFC,  
2<sup>nd</sup> Medical Training Brigade – Email  
preferred [Patrick.J.Anderson@usar.army.mil](mailto:Patrick.J.Anderson@usar.army.mil)  
phone message (801) 656-3911, indicate  
name & number attending

#### LOCATION/PARKING INFORMATION

**The Tower at U of U Rice-Eccles Stadium,  
Varsity Room, 6<sup>th</sup> Floor 451 S. 1400 E. SLC, UT**  
*Park in LOT WEST of Stadium – Enter from 500 South downhill  
from the Olympic Torch or 400 S where Trax runs by Stadium*  
**To access 6<sup>th</sup> floor use Gate C. South Elevator**

CO: \_\_\_\_\_

**Soldiers** – Major Phil Davis, Chaplain, Medical Readiness Training Command (801) 913-6343

**Byron Katie** – Kathryn Dixon, Director, Clarity Coaching Institute (801) 487-7621

**Integrative Health Network** – Jim Overall, MD, Prof Emeritus, U of U School of Medicine,  
Prior Co-Director of Salt Lake VA Hospital Integrative Health Clinic (801) 558-6340

**Discover The Work for yourself and your loved ones. It's a simple yet powerful process for stress/conflict resolution. Around the world, The Work complements conventional medical care. Experience an alternative to suffering. <http://www.thework.com>**