**KEEP READING IF……**

**YOU SUFFER FROM ILLNESS, PAIN, OBESITY, STRESS OR ANXIETY.**

“*YOUR PATH”*, a Concentrated 8 Week

Program May Be For You

**INTRO**: In my decades working as a physician, I saw many people who suffered. Many times I couldn’t help them as much as I wanted, but I came to realize how much they could help themselves. To empower each of us to move toward health of body, mind and spirit, I started *Serenity and Health* in 2014. Now I am offering a new program for a small group of people who are ready to commit time and effort in order to actually transform their physical and mental health.

I am looking for adults who can answer **yes** to these three questions:

**1) Do you suffer from chronic illness, obesity, chronic pain, stress, anxiety, depression, insomnia, or other ailment?**

**2) Are you honestly ready to take steps to do something about these problems? This means devoting time for a meeting weekly for 8 weeks plus followups, for daily home activities, and to be open to learning and trying new things and sharing in a small group.**

**3) Do you want to improve your relationship with God, and learn how God can help you help yourself?**

**WHAT**: 8 week concentrated small group program, facilitated by myself, a retired Family Medicine doctor. I am offering to **accompany you** as **you** start anew your journey to health of body, mind and spirit. We will cover topics such as prayer, including the meditative prayer Centering Prayer; lifestyle choices we make about eating and exercise; mindfulness; stress and stress reduction; and a brief rundown of the science/psychology related to these topics.

**MY PART**: I will meet with you for 1- 1/2 hours weekly in a **small group** and provide information and support. I will be available for questions and will arrange group follow up meetings every 3 mos. for the first year.

**YOUR PART**: You must decide if **now** is the time when you really want to be open, learn and make the changes that will be needed for you to achieve better mental and physical health and a closer relationship to God. To join this group you will **need to commit to attending the weekly meetings and doing the assignments, which will initially require 30 minutes every day, to do your “home practices.”** This time commitment and a willingness to participate in the program are what will be required of you—there will be no monetary charge, only the opportunity to make a voluntary donation.

**NEXT STEP**: Pray about this. For questions email me at [serenityandhealthgroup@gmail.com](mailto:serenityandhealthgroup@gmail.com) or call me at 301-277-2970. There will be an informational meeting on Wednesday January, 24 at 7:30PM. Attendance at this meeting is required. The group will be limited and early applicants will be given priority.

Donna Chacko, MD

St. Mark parishioner since 2010, retired Family Medicine physician.

Founder Serenity and Health. See [serenityandhealth.com](http://serenityandhealth.com) for general information.

**SCHEDULE**

MEETINGS: Wednesday evenings 7:30-9:00 PM, Rm. 115 in School Building, St. Marks Catholic Church, Hyattsville. Attendance is expected for all meetings.

DATES:

January 24 Information, sign-up

January 31, February 7, 13\*, 21, 28, March 7, 14

follow-ups announced later [Wed., 2/14, is Ash Wed.]

*They that hope in the Lord will renew their strength,*

*they will soar on eagles’ wings,*

*walk and not grow faint. Is 40:31*