PAST SERENITY AND HEALTH EVENTS

Led by Donna Chacko, M.D.

* **Caring for Body and Soul, an ongoing program.** This open women’s group was established in early 2016 to provide a time and place for women who wish to travel with other women on their shared journey to serenity, health and God. See <https://www.serenityandhealth.com/programs>for details.
* **"YOUR PATH"** (similar to earlier program called Serenity and Health)
  + 2018 Fall Session: September 19, 2018
  + 2018 Spring Session: approx. March 2018

"YOUR PATH," is a concentrated 8-week program designed for anyone who suffers and wants to feel better and even transform their life. It was offered to anyone suffering with chronic illness, pain, obesity, stress or anxiety—who was willing to make a commitment to follow a new and better path to health and God. See <https://www.serenityandhealth.com/blog-post/your-path> for program details.

* **Less Stress During the Covid-19 Crisis**

This program was offered in answer to the rise in stress felt during the Covid-19 crisis. It was offered in both English and Spanish and was held online over three weeks. This program became Less Stress in 2021.

* **Your Path to Less Stress, More Serenity, Health and God!** 
  + 2019 Fall Session: Began September 29, 2019 and ran for four weeks

This shorter, 4-week Your Path program was offered for the first time both in person (in Hyattsville, MD) and online in fall 2019. We discussed topics including mind-body-spirit connections, stress, resilience, habits, prayer, eating, exercise, mindfulness, and goal setting.

* **Workshop:** **Do you feel stressed? God can help you help yourself.**  Offered Saturday, September 16, 2017, 8:45 a.m.-1:30 p.m., St. Mark the Evangelist Catholic Church, Hyattsville, MD. Presentation, discussion, and small groups dealing with the science, psychology, and spirituality of stress and what this means in daily life.
* **Burn-out Prevention: Reduce Stress and Move Closer to God**  
  Sponsored by the St. Giuseppe Moscati DC Catholic Medical Guild of the Catholic Medical Association. Offered Nov.12, 2016 at Our Lady of Lourdes Catholic Church, Bethesda, MD.
* **Lenten Retreat**  
  Meditative prayer and God-centered mindfulness, co-leader. Offered Feb. 20, 2016 at St. Mark the Evangelist Catholic Church, Hyattsville, MD.
* **Staying in the Moment Workshop**  
  Saturday workshop on understanding and practicing mindfulness from a spiritual perspective. Offered Oct. 17, 2015 at St. Mark the Evangelist Catholic Church, Hyattsville, MD.
* **Stress Workshop**  
  Saturday workshop to discuss how stress harms health and interferes with peace and closeness to God. Offered Oct. 10, 2015 at St. Mark the Evangelist Catholic Church, Hyattsville, MD.
* **Stressed, Worried or Hurting? (formerly the “Serenity and Health Program,” now known as “Your Path”)**  
  Six weekly group meetings to assist each participant to travel his or her own path to better health, peace of mind and closeness to God. Topics: stress, relaxation, habits, goals, mindfulness, meditative prayer, eating, and exercise. Offered Sept.-Oct., 2014, Jan-March, 2015, and April-June, 2015 at St. Mark the Evangelist Catholic Church, Hyattsville, MD.