

*Renewing Life Within.
Renewing Life Together.*

September & October 2010

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Tim Thorpe
Executive Director
Amy Rodquist-Kodet, MA
Associate Director
Dan Averitt
IT and Business Manager

Building Hours

Program Hours:

Monday-Thursday 9:30a-7:00p
Friday: 9:30-5:00pm
Saturday: 10a-4p
Sunday: Closed

Drop in Hours:

Monday-Thursday 9a-7p
Friday: 9am-5pm
Saturday: none
Sunday: closed

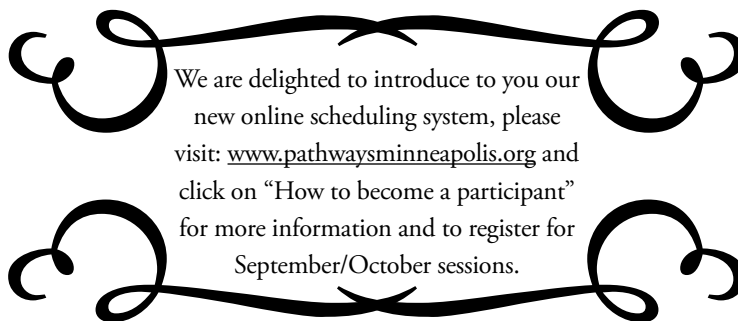
Services of Pathways are Free. Financial donations and or volunteer contributions of your time are greatly appreciated and considered an essential part of one's healing journey.

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New Participant Programs

Pathways Orientation

Saturday Mornings: September 4, 11, October 2, 9 11:00 AM- 12:30 PM
Tuesday Mornings: September 14, October 12 10:30 AM- 12:00 PM
Tuesday Evening: September 21 6:00 PM- 7:30 PM
Monday Evening: October 18 6:00 PM- 7:30 PM

An orientation and welcoming for new participants at Pathways. We will help you access Pathways' services as simply as possible. The Pathways Video will be shown. Please be sure to sign-up and confirm with the front desk. This class must be taken before attending other sessions at Pathways.

Core Programs

Renewing Life: Friday Daytime Series *Certified Facilitators*

Please call Pathways to sign up for the January 2011 series or to request more information.

Renewing Life: Wednesday Evening Series *Certified Facilitators*

Please call Pathways to sign up for the January 2011 series or to request more information.

Must Attend All Sessions.

This is an intensive program for making the most of what life hands you when living with a life-threatening illness. A donation of \$15 is requested for a Participant Manual. *Renewing Life™* is an adjunct to medical care. The program focuses on teaching communication skills, coping strategies, and life-affirming attitudes.

Session 1 *Renewing Life™ Out of Illness*
Session 2 *The Healing Partnership of Mind/Body/Spirit*
Session 3 *Creating a Nourishing Circle*
Session 4 *The Possibilities for Growth in the Feelings You Hate*
Session 5 *Fear and Love*
Session 6 *Forgiving, Making Meaning, and Reframing*
Session 7 *Using Your Inner Healer and/or Higher Power*
Session 8 *Making Life Wishes/Loving Yourself Enough to Make Goals*
Session 9 *Celebration*

Statement of Purpose: Pathways provides programs that are designed to support a creative healing response to illness.

Art, Music and Creativity

Beth Ehresman **Close Knit Group**
September 1, 8, 22, 29, October 6, 13, 20, 27
9:30 AM- 11:30 AM

Learn to knit /crochet or share your already acquired skills in a supportive, fun and caring environment. You can work on your own knit/crochet project or focus on making chemotherapy caps and comfort shawls.

Harry LeBlanc **Creative Healing: Arts-Based Support**
September 1, 8, 15, 22, 29, October 6, 13, 20, 27
4:00 PM- 6:00 PM

In this group series, we will use all the arts - music, dance, drama, poetry, and the visual arts to explore issues, express feelings and develop inner resources. No prior artistic experience or skill is needed. This is a supportive process that emphasizes the process and celebrates the art we create. Participants are asked to commit to all 9 weeks.

Jeanie Wilke **Visual Journaling**
September 1, 8, 15, 22, 29, October 6, 13, 20, 27
11:00 AM- 1:00 PM

Uses drawing, image-making and journaling, NO ARTISTIC SKILL REQUIRED! Through image-making your truest feelings can be revealed; through writing, those revealed feelings can be interpreted. The heart is the voice of inner wisdom. Drawing is the conduit through which that voice can speak. Suggested donation of \$7 for supplies.

James Hersch **Songs to Make the Spirit Sing**
September 10
2:00 PM- 3:30 PM

Music has the wonderful ability to bring calm, peace, joy, healing, increased energy and smiles. Come join in as we sing, hum or just listen to some oldies, "camp" songs and original pieces. No musical ability needed.

Simone De Los Santos **Intuitive Painting**
September 11, 25, October 9
10:00 AM- 1:00 PM

This technique supports growth and awakening by nurturing our connection to intuition. While freely and mindfully playing with paint, we can experience ease, flow and joy. Often symbolic images appear that help illuminate our path. Bring a snack. \$5 suggested donation for materials.

Melodye Eisele **The Magic of Music**
September 20
7:00 PM- 9:00 PM

Every sound you hear affects every cell in your body! Learn how to consciously use music to improve your life. With her Celtic harp and experiential activities, Melodye will help you learn to use music to achieve greater relaxation, ease muscle tension, reduce pain, and protect and revitalize your energy levels. Music can also help you improve concentration, productivity, and creative solution thinking. Have fun discovering what kinds of music work for you!

Energy Healing

Robin Thiel **Spring Forest Qigong Practice Group**
September 28, 30 & Oct 14
7:00 PM- 8:00 PM

Please join us as we practice the active exercises learned in the SFQ Overview. The movements and sitting meditation help us to balance our Qi and enhance our physical, emotional, mental, and spiritual well being. Prerequisite: SFQ Overview or Level 1 Class.

Hana Patrie **Law of Attraction Playshop**
September 21, 28
7:00 PM- 9:00 PM

Our words and thoughts affect our feelings which are powerful vibrational magnets attracting similar experiences, whether wanted or unwanted. Deliberately attract what you desire to be, do or have in your life experience. Enjoy inspiring small and large group discussions and fun exercises. Please bring a notebook.

Meditation, Imagery and Inner Practice

Cheryl Hiltibran **Healing Circle**
September 7, 14, 21, 28, October 5, 12, 19
2:30 PM- 4:00 PM

People interested in self healing come together for spiritual connection using dialog, reflection, healing practice and meditation. All are welcome. Drop in group. No registration required.

Donna Hagert **Rigpa Meditation**
September 1, 8, 15, 22, 29, October 6, 20, 27
5:45 PM- 7:00 PM Meditation based on the Tibetan Book of Living and Dying by Sogyal Rinpoche

Jess Fauchier **Sufi Group: Live in the Divine Love**
September 16, October 14
6:30 PM- 8:30 PM

The Sufi way is to live in the divine love 24x7. This group teaches a practice (al-wird) that can help lead one to that goal. Beginners are welcome. Expect to leave knowing how to do the Sufi 4 layers of the heart (al-wird) practice.

Ming Johnson **Falun Gong**
September 12, 19, 26, October 3, 10, 17, 24, 31
1:00 PM- 3:00 PM

Falun Gong is a traditional Chinese self-improvement practice of mind and body. All ages and physical conditions can benefit through practicing five gentle exercises and through studying and applying the principles which are centered on Truthfulness, Compassion and Forebearance. The practice is also called "Falun Dafa."

Eugenia Malyshev **Buteyko Breathing Therapy Workshop**

September 11, 18
12:00 PM- 2:30 PM

In this educational session, we will teach how to apply the Buteyko Breathing technique to relieve symptoms of many chronic conditions, fight stress and anxiety, get a restful sleep, strengthen the immune system, and help surgery and trauma recovery. Group Series: must attend both sessions.

Nancy Nielsen **Intro to Shamanism**

October 15
7:00 PM- 9:00 PM

Shamanism is a name for spiritual systems used by most of the world's tribal peoples. Core shamanic techniques will be explained and explored. Time is provided for questions and discussions. Embark on your own inner shamanic journeys and discover a doorway to personal wisdom, integration, healing and service.

Zahir Roman Orest **Universal Sufism and Everyday Life**

September 3, October 1
6:00 PM- 7:00 PM

The ancient Wisdom of Sufism has a new expression in the West, a universal and open respect for the many paths to the Divine. We will explore these Wisdom teachings and their vibrant application to everyday life. Drop-in session, no registration required

Timothy Cope **Drum and Journey Circle**

September 18, October 16
7:00 PM- 9:30 PM

Co-facilitated with Nancy Nielsen. An opportunity for those with prior shamanic experience to further explore the shamanic path, address, address personal concerns, and become more at home with journeying. There will also be songs, chanting and movement. Bring your own drums, rattles and sacred objects, and if you wish, a treat to share with the circle after our ritual work. Please be prompt. No one will be admitted after the circle convenes

Mind Body Spirit Healing

Pat Aylward **Experience Sufi Healing**

October 23
3:00 PM- 4:30 PM

Sufi healing is a holistic method of healing body, heart, mind and spirit. Come and experience the opening of your heart and spirit to the light of divine love and unity... the key to physical, emotional and mental healing. This class offers healing in the Sufi way guided by a teacher and graduate of the University of Spiritual Healing and Sufism.

Keith Trier **The Simplicity of Healing**

September 23, October 21
6:30 PM- 9:00 PM

This class offers simple and tangible ideas to access your Healer within, resolve conflicts and open to healing that starts on a spiritual level and then flows to the physical level. No admission 10 minutes after class begins.

Pat Aylward **Healing from the Heart**

September 13, October 4
6:30 PM- 8:00 PM

In this class, we learn the practice of Remembrance, a simple yet deep prayer and meditation method which accesses the wisdom that lives within us. Based on timeless Sufi traditions, we travel deeper into the layers of feeling and open our hearts to the universal healing source of love. The Remembrance forms the foundation of all Sufi healing. You can expect to learn this practice, which can then be used as a way to heal and strengthen the connection to the Divine essence that constantly flows within us.

Rmay Rivard **Body Scanning**

September 6, October 4
7:00 PM- 8:30 PM

Body scanning is an intense clearing of your physical and energy bodies. A 90 minute workout without leaving your chair. Intention setting, breathing, tapping, scanning, clearing. This is a class you can attend on a regular basis for your monthly clearing.

Sheila McNellis Asato **Embodied Imagination Group**

September 7, 21, October 12, 26
1:00 PM- 3:30 PM

Embodied imagination is an innovative tool for working imagery from dreams and memories through the body. Sessions include a check-in, deep relaxation exercise to enhance body awareness followed by a direct encounter with the healing power of imagery through the body.

Valerie Lis **Healing Support for the Emotions**

September 13
5:00 PM- 7:00 PM

Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupressure points with the fingertips, while working on personal stressors.

Barb Palmer **Spring Forest Qigong Overview**

September 13, 15, 23, 27 October 11, 18, 25
1:00 PM- 3:00 PM

SFQ is a simple, effective, meditative practice which helps balance and heal yourself physically, emotionally and spiritually. It combines simple body movements, breathing, visualization and sound. SFQ can be done sitting, standing, or lying down. Class will be taught by Palmer, Lovlie or O'Neill.

Movement and Guided Practice

Zahir Roman Orest **Dances of Universal Peace**

September 3, October 1
7:00 PM- 9:00 PM

Simple folk dance movements while singing sacred music from the world religions. A spiritual movement class where beginners are welcome and no experience is required. Drop-in session. No registration required

Christy Loulie **Spring Forest Qigong Practice Group**
 September 1, 8, 22, October 6,
 1:00 PM- 2:00 PM

Come and practice the exercises which you learned in the SFQ Overview. Practice will consist of active exercises and a sitting meditation. Please join us as we balance our Qi and enhance our physical, emotional, and spiritual well-being. Pre-requisite SFQ Overview or Level 1 with Master Lin.

Eddy Wilbers **Advanced Tai Chi**
 September 20, 27, October 11, 18, 25
 4:30 PM- 5:30 PM

Tai Chi is a centuries-old martial art form that teaches us to harmonize our body, mind, and spirit. Students will expand in their previous experience with Tai Chi and begin to explore the Cheng Man Ching style short form.

Eddy Wilbers **Intro to Tai Chi**
 September 14, 21, 28, October 12, 19, 26
 4:30 PM- 5:30 PM

Tai Chi is a centuries-old martial art form that teaches us to harmonize our body, mind, and spirit. Returning and beginning students will benefit from an exploration of basic movements, stretches, and exercises that represent the roots from which our Tai Chi practice will grow. Students will receive hands on instruction and are encouraged to wear loose-fitting clothing.

Kristina Fruechtl **Kundalini Yoga & Meditation**
 September 14, October 5
 9:00 AM- 10:15 AM

Transformational yoga and meditation practice that includes movement, mantra and breath work. This yoga of awareness has potential to harness the energies of mind and balance the nervous system. Please wear comfortable clothing and bring an open mind.

Marcy Lundquist **Nurturing Yoga -- Seated**
 September 3, October 1
 3:45 PM- 4:45 PM

While seated, enjoy gentle postures and movement to build strength, flexibility, and wellbeing in a compassionate manner.

Rand Adams **Taoist Exercise for Health and Internal Power**
 September 4, 18, October 16
 10:00 AM 11:00 AM

The focus of this class is classical Taoist exercises, primarily Qigong and Neigong. These exercises consist of physical movements and standing meditations, along with an internal focus on energy and breathing, and mindfulness.

Nora Larson **Gentle Yoga**
 September 15, October 6
 4:00 PM- 5:00 PM

This yoga class is offered with the intention to create space for your body to move and breathe, for your mind to be calm and clear, and for your spirit to simply be. While this class will take a gentle approach, please be aware that we will concentrate on movement and breath in this asana practice.

Susan Arnold **Turning Points: Changing Trauma Into Healing**
 September 21
 6:30 PM- 8:30 PM

Experiencing trauma, large or small, is part of living. Move toward post-traumatic growth and resilience by learning the anatomy and physiology of trauma and mind, body, spirit skills that are based on the science that supports healing trauma.

One-to-Ones

Energy Healing

Robin Thiel **Spring Forest Qigong Energy Balancing**
 September 13, 27, & Oct 11, 25
 2:30 PM- 3:15 PM

In a relaxing environment, this session promotes the balancing of mind, body, & spirit by the detection and removal of energy blockages. This relaxes the participant as it allows the Qi to flow more freely which in turn calms the participant physically, emotionally, mentally, & spiritually. 45 minute session.

Bob Hedstrom **Highstream Hands On Energy Systems**
 September 13,27, October 11, 25
 6:00 PM- 7:00 PM
 7:00 PM- 8:00PM
 8:00 PM- 9:00 PM

Experience hands on energy healing from Mystery Schools around the World. Energy systems from Omega, Temple Academies, Magnified Healing and more are available. Depending on your needs, Chakras, Meridian Lines and / or Auric fields will be balanced.

Bobby (kanehiro) Okuda **Jyorei**
 September 14, 15, 16, October 12, 13, 14
 10:00 AM- 1:00 PM

Jyorei (a Japanese form of energy healing) enhances happiness, light and love by clearing clouds from the spirit and releases stress, depression, and anxiety. Experience relaxation and energy healing while quietly sitting in a chair.

Dennis Searle **Complementing Your Healing Process**
 September 1, 8, 15, 22, 29, October 6, 13, 20, 27
 1:00 PM- 1:45 PM
 2:00 PM- 2:45 PM
 3:00 PM- 3:45 PM

As the Participant you will present the conditions/concerns and set an intention for the session and beyond. While lying on a bodywork table, gentle hands on or above your body work will be done with your energy field. You may choose to have communication during the session and the use of music will be your choice. At the end of the session you may choose to process your experience.

Jim Taylor

Healing Touch

September 3, 17, October 1, 15, 29
10:00 AM- 10:45 AM
11:00 AM- 11:45 AM

Healing Touch is an “energy therapy” that uses gentle hand techniques to help re-pattern a person’s energy field and accelerate healing of the body, mind, and spirit. Can help to relieve pain, anxiety and depression. The session is usually done with the client lying on a bodywork table.

Liz Jacobson

Reiki

September 18, October 16
10:00 AM- 11:00 AM
11:15 AM- 12:15 PM
12:30 PM- 1:30 PM

Reiki is Universal Life Energy. Release blockages, allowing your body to heal itself. Reiki works on all levels ... the physical, mental, emotional and spiritual. You may experience deep relaxation. Work is done on a bodywork table while you are fully clothed, with gentle touch or hands off energy work.

Lanette Huberty

Energy Field Cleansing

September 13, 20, 27 & October 11, 18, 25
5:30 PM- 6:45 AM

Receive a peaceful and gentle hands-on energy cleansing while laying on a massage table. This relaxing modality enables your body to let go of various kinds of trauma. 75 minute session.

Lynn Soley

Team Reiki for Inner Radiance

September 14, 28, October 26
7:30 PM- 8:15 PM

While relaxing on a bodywork table, feel the gentle, warm healing energy of Reiki offered by a team of Reiki Masters through touch/non-touch. Receiving Reiki aids in stress reduction and relaxation, which promotes healing and balances mind, body emotions and spirit.

Soley, Moldestat, Snyder

Team Reiki for Inner Radiance

September 14, 28, October 26
6:30 PM- 7:15 PM
7:30 PM- 8:15 PM

While relaxing on a bodywork table, feel the gentle, warm healing energy of Reiki offered by a team of Reiki Masters through touch/non-touch. Receiving Reiki aids in stress reduction and relaxation, which promotes healing and balances mind, body emotions and spirit.

Marcy Lundquist

Transformational Energy Work

September 3, October 1
1:30 PM- 2:15 PM
2:30 PM- 3:15 PM

Brings back your natural healthy self through biofield balancing. Restores a pleasurable sense of well-being that enhances healing. Includes light touch. 45 minute session.

Mary Johnson

Healing Touch

September 20, 27, October 4, 25
2:00 PM- 3:00 PM
3:00 PM- 4:00 PM

This session begins with a brief assessment of your healing journey followed by a combination of guided imagery, foot massage, gentle touch, and energy balancing to provide deep relaxation.

Mary Kingston

Energy Balancing

September 15, October 27
10:30 AM- 11:30 AM
12:00 PM- 1:00 PM

This gentle hands on session will help create a sense of well being of the mind, body and spirit. This intuitive approach may include components from Reiki, Qigong, Cranio-Sacral Therapy, as well as relaxation techniques. 60 minute session

Ron Moor

Healing Touch

September 16
10:00 AM- 10:30 AM
10:30 AM- 11:00 AM
11:00 AM- 11:30 AM
11:30 AM- 12:00 PM

In this 30 minute session, you will be lying on a bodywork table receiving gentle, respectful, hands on energy healing. You will experience release of stress and flow into a place of deep rest that facilitates healing on all levels of being.

Carol Swan

Energy Healing

September 14, October 12
10:00 AM- 11:00 AM
11:15 AM- 12:15 PM
12:30 PM- 1:30 PM

Energy healing and balancing is done respectfully and lovingly by hands on and/or hands off to restore the body to its natural state of wellbeing, balance, and health. The session starts with a brief check-in. An intention is set by the client for the healing work done.

Jane Livingston

Mari-El Healing

September 10, 24 October 8, 22
10:00 AM- 11:15 AM
11:15 AM- 12:30 PM

A hands on healing technique to aid in the release of negative emotions and blockages in the body’s energy system. 75 minute session.

Rhesa Schwartz

Intuitive Deep Hands On Healing

September 7, 14, 21, 24, 28, October 1, 8, 15, 17
10:00 AM- 12:30 PM

Energy work and gentle hands on healing help you experience your own body’s energy. Promotes relaxation, healing and pain relief. 60 minute session.

Meditation, Imagery and Inner Practice

Jess Fauchier **Sufi Healing: Live in the Divine Love**
 September 13, 20, 27, October 11, 18, 25
 6:00 PM- 7:15 PM
 7:30 PM- 8:45 PM

The Sufi way is to live in the divine love 24x7. This healing session utilizes the Sufi al-wird practice to clean and clear the four layers of the participant's heart (and body). The goal is to assist the participant to live his/her life in physical reality as an expression of divine love. We intend that every action that we take will bring divine love into physical reality.

Ethan Zaghmut **EZ MindBody Hypnosis & Imagery**
 September 11, 25, October 9
 10:30 AM- 12:00 PM
 11:00 AM- 12:30 PM

For persons looking to relax, get rid of limiting ideas, face challenges with confidence and learn how to relax at any time. Enjoy journeys of deep relaxation and guided imagery as you get in touch with your body, subconscious, mind and higher self. Sit down comfortably or lay down. Use of pillows and blankets is encouraged. No physical contact used. If participant prefers, no hypnosis will be used. 60 minute session.

Ethan Zaghmut **EZ MindBody Hypnosis & Imagery**
 October 23
 12:30 PM- 2:00 PM

For persons looking to relax, get rid of limiting ideas, face challenges with confidence and learn how to relax at any time. Enjoy journeys of deep relaxation and guided imagery as you get in touch with your body, subconscious, mind and higher self. Sit down comfortably or lay down. Use of pillows and blankets is encouraged. No physical contact used. 60 minute session.

Mind, Body and Spirit Healing

Jan Page **Spirit Allies**
 September 9, 23, October 14, 28
 11:00 AM- 1:45 PM

Learn to recognize and strengthen your connection to your Spirit Allies committed to protect, heal, guide, & inspire you. Spirit Allies can be Deities, ancestors, nature, personal beliefs and more. During this session you can be seated or laying down. Please wear clothing washed and dried without scents. 75 minute session.

David Laura Preves **Spiritual Guidance/Vibrational Healing with Native American Flute**
 September 14, 28
 10:00 AM- 10:45 AM

Participants will experience a combination of conversation, meditation, imagery, energy clearing and vibrational sound therapy through Native American flute.

Trish Herbert **Wisdom tools**
 September 1, 29, October 13, 27
 2:00 PM- 4:00 PM

Offers stabilizing tools for those dealing with the emotional and spiritual impact of illness and its effect on relationships. Focus will be on the three wisdom tools -- listening, tonglen practice and reflection. Develop a plan for yourself. 60 minute session.

Keith Trier **Spiritual Healing**
 September 9, 16, October 4
 4:00 PM- 5:45 PM

Energy work based on a "Course in Miracles" approach to healing. Experience 1 2-person healing circle, cultivating awareness of love in yourself and in others. 45 minute session.

Mary Ruth **Imagery and Hypnosis as Tools for Healing**
 September 8,
 11:00 AM- 1:30 PM

Single session for a person with a life-threatening illness. During the session you relax deeply, enjoy what your subconscious mind gives you for your healing tools, and deepen your knowledge

Myo-O Marilyn Habermas-Scher **Voice healing**
 September 30
 10:00 AM- 11:45 AM

Rest on a massage table. fully clothed, and receive a dynamic vibrational massage through vocal sound and singing. 45 minute session.

Transformation through change

Valerie Lis **Heal The Hurt**
 September 13
 11:00 AM 4:00 PM

Memories can continue to hurt years after an event as the healing process becomes blocked. Emotional Freedom Techniques (EFT), self-treatment with fingertip tapping, seeks to detach stressful feelings and- in a complete, respectful, and peaceful manner - to heal the hurt.

Health Coaching

The health coaching one-to-one sessions are scheduled as a series of three appointments in one month. Participants must attend all three appointments.

Claire Stuckey **Health Coaching**
 September 13, 20, 27
 4:00 PM- 5:00 PM
 5:15 PM 6:15 PM
 6:30 PM 7:30 PM

Health Coaching practiced from a holistic perspective is designed to facilitate the self-discovery process. Explore options, choices and possibilities. Learn to empower the authentic self and cultivate a sense of clarity in order to take charge of your health and navigate your healing journey.



Participant Focused Care

It is our mission to provide healing resources for those experiencing a health crisis through hospitality, a healing environment, and administrative & programmatic excellence. How are we doing? We invite you to fill out a yellow evaluation form located in any room throughout the building or talk directly with Amy Rodquist-Kodet, Associate Director.

Pathways' Scent Free Policy

The following are banned within the building and property:

1. The use/scent of perfume, cologne and/or essential oils
2. The application of any body products while at Pathways
3. Smoking and tobacco products

Scheduling Procedures

Are you new to Pathways? Here's how to get started:

1. Come to a Welcome to Pathways Orientation. This is the essential first step for registering for sessions at Pathways. Please refer to the front cover for the next available dates.
2. Determine your category (see below).
3. Visit our web site: www.pathwaysminneapolis.org and click on the box: "How to become a participant" for detailed information on how to register.
4. Submit your registration form by the 15th of each month by e-mail, fax, mail, or drop it off.

Program Guidelines

- New participants are required to attend the Welcome to Pathways Orientation before signing up for any one-to-one sessions.
- All participants can schedule for a total of 2 one-to-one sessions and unlimited group sessions per month.
- Brand New Category 1 participants will receive first priority for scheduling up to 4 one-to-one appointments and unlimited group classes for four months.

What is my Category?

Category 1

is for persons with life threatening illness (cancer, debilitating heart disease, HIV/AIDS, HIV positive, lymphoma, ms, als, transplants, etc.) This category is also for an immediate family member or significant other who is his or her primary caregiver.

Category 2

is for persons dealing with disability, pain and or other symptoms related to chronic, physical illness, or physical injury (cfs, chronic pain, diabetes, ei, lyme, etc.) This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways services.

Category 3

is for persons in recovery from stress and emotionally based concerns and for persons from Category 2 following one year of receiving Pathways services.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, your category changes to the next lower category. This allows the newly diagnosed or those with advancing illness to have the highest priority.

Scheduling Process at Pathways:

1. Each participant registers for sessions by logging on to: www.pathwaysminneapolis.org every month for the next months sessions.
 - Participants who complete their registration by the 15th of each month will be randomized within their category and will be offered sessions based on their rank.
 - Participants who complete their registration after the 15th of each month will be registered for sessions on a first come, first served basis.
2. All registered participants will receive notification of their schedule by the 20th of each month.
3. All participants must confirm their attendance at any class or individual session within 24 hours of the start time.

Accessing the Basement and Second Floor:

Participants unable to access our second floor or basement rooms due to stairs are requested to inform us of their desire for "First Floor Only" rooms on their registration sheet.

Pathways mission is to provide resources and services for people with life-threatening illness to explore and experience complementary healing approaches.

Pathways

A HEALTH CRISIS RESOURCE CENTER

3115 Hennepin Avenue South
Minneapolis, MN 55408
(612) 822-9061

Return Service Requested

Renewing Life Within.
Renewing Life Together.

September & October 2010
Calendar of events, programs, and services

New Online Registration System

We are delighted to unveil our new online registration system!

Please visit our web site: www.pathwaysminneapolis.org
and click on the box: "How to become a Participant" for
detailed information on how to register. You will be guided
through the process of setting up a profile and scheduling for
group classes and individual one-to-one sessions.

We invite your patience as we continue to develop, simplify
and improve the scheduling process. For more information or
questions concerning registration, please contact business manager
Dan Averitt at: dan@pathwaysmpls.org or 612-822-9061.

Pathways does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socioeconomic background.