MADISON, WI: Friday, September 13
RADISSON, 517 Grand Canyon Dr, 53719. (608) 833-0100

ONALASKA, WI: Monday, September 16
STONEY CREEK INN & CONFERENCE CENTER 3060 S Kinney Coulee Rd, 54650. (608) 781-3060

DUBUQUE, IA: Tuesday, September 17
GRAND RIVER CENTER, 500 Bell St, 52001. (563) 690-4500

BETTENDORF, IA: Wednesday, September 18
ISLE CASINO HOTEL BETTENDORF, 1800 Isle Pkwy, 52722. (563) 441-7000

CEDAR RAPIDS, IA: Thursday, September 19
RAMADA CEDAR RAPIDS, 525 33rd Ave SW, 52404. (319) 366-8671

JOHNSTON, IA: Friday, September 20
STONEY CREEK HOTEL AND CONFERENCE CENTER 5291 Stoney Creek Ct, 50131. (515) 334-9000

Practical Ways to Optimize Health and Wellbeing: Hope, Calm, Joy, and Laughter

PLEASE POST

Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

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Four Ways To Register
1. Internet: www.ibpceu.com
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The IBP Experience
Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.
Enhancing Hope

1. Describe how hope can reduce pain, anxiety and sadness by normalizing cortisol, the adrenal hormone linked to chronic stress.
2. Identify how clients can attain calming states through mental habits that can improve health. Dr. King presents advances in the brain and body.

Enhancing Calm

1. Mindfulness-Based Stress Reduction: benefits of practicing nonjudgmental awareness for people with chronic pain, heart disease, cancer, depression, anxiety, and for healthy people.
2. The Mindful Lifestyle: Detaching from Negative Emotions: focused observation by noting what is occurring at any time, improving emotional resilience and acceptance—trails in self and others that are unlikely to change and then moving on.
3. Compassion Fatigue: Rethinking self-criticism and perfectionism by increasing self-compassion, the level of compassion often given to others but not oneself.
4. Calming States Reduce Inflammation: anti-inflammatory mental states that normalize adrenal stress-related hormones and protect against inflammatory states such as anger, resentment, sadness, and worry.
5. Restorative Sleep: what keeps us awake? Why too little sleep increases brain amyloid and too much increases metabolic syndrome; pre-sleep rituals that promote deep (stage 4) sleep.

Practical Ways to Optimize Health and Wellbeing: Hope, Calm, Joy, and Laughter

Brian King, Ph.D. (Bowling Green State University) is an expert in Applied Biopsychology and how positive states contribute to health and wellbeing. Dr. King is an expert in Applied Biopsychology and positive emotional states. He is author of the evidence-based book, The Laughing Cure (2017). He has taught programs including The Habits of Stress Resilient People, Developing Positive Emotional Habits, and Health-Related Benefits of Humor and Laughter.

This program is designed to train and help clients attain positive states that can improve health. Dr. King presents advances in the brain and behavioral sciences with humorous dialogue that draws on his experience as a professional comedian. His informative lectures include film clips, case histories, demonstration of key techniques, and the creative use of humor to impart key concepts. Participants will receive a detailed outline prepared by Dr. King with key lecture topics and references.

In addition to Q & A in class, Dr. King answers your questions during the second half of the lunch break and by email after the program adjourns.

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