



BlickClinic

640 West Market Street, Akron, Ohio 44303
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Enhancing the Lives of People with Disabilities

Blick Clinic is proud to sponsor a FREE community lecture on:

RELAXATION TECHNIQUES FOR PERSONS WHO CARE FOR INDIVIDUALS WITH SPECIAL NEEDS

Tuesday, September 24, 2013

7:00-8:15 p.m.

**Resnick Community Learning Center
65 N. Meadowcroft Drive, Akron 44313**

Presented by: Eden Kozolowski

Eden Kozlowski is a former VP/Creative Director from the advertising industry in Atlanta, Georgia. In that 15-year career she was a manager of clients, product and people, and found herself working 70-90 hours per week and feeling stressed and out-of-balance. That is when she discovered her first stress management mentor of six years... author and speaker, Dr. Neala Peake who is also Co-founder of the international website, AllThingsHealing.com. With Dr. Peake's instruction she began to go through a radical transformation.

As a practitioner of awareness and mindfulness since 2000, Eden started her company, Just Be, LLC in 2006. She is a speaker and facilitator of stress reduction applications and has lead classes with C.H. Robinson International, Goodyear Tire, Case Elementary School, KNOW (Knowledgeable Network of Women)/Greater Akron Chamber and the Green YMCA, to name a few.

She is also an Editor on AllThingsHealing.com where you can find her interviews with the likes of: Dr. Judith Orloff, psychiatrist and NY Times best-selling author of Emotional Freedom; **Sona** Mehring, Founder and CEO of CaringBridge.org and Fast Company's "Most Influential Women in Technology" in 2011; and Sarah McLean, one of the founding directors of the Deepak Chopra Center for Wellbeing. And she is also a contributor with The Huffington Post.



This lecture is free to the public but seating is limited to 50, so call by September 17 to reserve your seat (Mike Smeltz at 330-762-5425 (ext. 1119))