



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 \(ext. 1119\)](#))