



**Please join us on Friday, March 10, 2017 (1p.m. – 4p.m.)
Mental Health America of Greater Tarrant County**

“12 Ways to Reduce Stress and Enhance Self Care”

Brad Nowlin, LMFT, MBA

12 Ways to Reduce Stress and Enhance Self Care will incorporate some of Brad Nowlin's talks from the worlds of Positive Psychology and Behavioral Economics.

We will look at how to be happier and enjoy the good life, whatever that is, as we explore it. We will look at habits and incentives, as that invisible architecture shapes us more than we know.

Come prepared to participate, as much of the learning and wisdom will not come from the presenter.

Finally, we will focus on our strengths and end up walking outside to soak up the nice weather

After a career in Marketing and Business that took Brad to New York City, Houston and Kansas City, he experienced a divorce and job loss that humbled him and allowed him to focus his energy on helping people. Using his (now extensive) life experience, he has helped thousands of clients find meaningful solutions to their challenges. The loss of his father inspired him to do his clinical internship at Solace House- A Center for Grief and Healing; Modeled after The Warm Place in Fort Worth. The blessing of his marriage to Grace came with blended family issues, where he was able to learn from his real world laboratory. He and his wife give talks on Marriage Enrichment, including “10 Ways To Take Your Relationship Up To A 10! with Grace.” Additionally, they give presentations on topics ranging from stress management to sex and money to Behavioral Economics, with audiences of all sizes. His passion is to use a variety of approaches from the worlds of business, therapy and faith to help people to achieve their goals. It is deeply rewarding for him to see clients enjoying life at the intersection of pleasure and meaning.

Learning Objectives:

- 1.) Learn new ways to approach stress.
- 2.) Explore ideas on how to be more intentional about self-care.
- 3.) Enjoy the experience of learning and sharing how to be more effective with work/life balance with colleagues.

The fee for this **3-hour CEU seminar** is \$50 for non-MHA members, \$40 for MHA members and \$20 for students.

Registration deadline (online/by mail) **must be received** by March 8, 2017

1) Mail check to MHA at 3136 W. 4th Street, Ft. Worth, TX, 76107; fax number: 817-810-3230

2) Online at www.Eventbrite.com

MHA is an approved provider of continuing education in Texas for LPC with approval #1099, Social Workers #5467, and LMFT #419.

For additional information, please contact Barbara Jordan at 817-569-5779 / Barbara.Jordan@mhmrtc.org or Deannah Rowell at 817-569-5780 / Deannah.Rowell@mhmrtc.org

Registration by Mail (print off and send with check or credit card payment to MHA)

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

HM/CELL PHONE: _____ WK PHONE: _____

E-MAIL: _____

PAYMENT METHOD ☐ VISA ☐ MC ☐ AMEX ☐ DISCOVER ☐ CHECK ENCLOSED

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SECURITY CODE: _____ TOTAL AMOUNT ENCLOSED: \$ _____