

School is in  
session!

“THE DIFFERENCE BETWEEN  
ILLNESS AND WELLNESS IS  
‘I’ AND ‘WE’”  
~ Dr. Dean Ornish

Learn the three R's:  
Readiness  
Respect  
Resources



## THE ACADEMY OF EMPOWERED CONSUMERS

*Our Motto:*

*Treat all of me: Mind, Body, and Spirit*

**To Enroll: Contact: Sally Jo (412) 456-1877 x 203**

### FEATURING:

- ◆ Our Textbook: “*How to Be a Proactive Patient Guidebook*”<sup>©</sup>
- ◆ Performances by the **CHC Proactive Players**
- ◆ FREE Resources
- ◆ Community and Connections

**All Classes are held from 1:30 pm – 4:00 pm  
@ One Smithfield Street (Downtown)**

### THE DATES OF THE ACADEMY

Sunday, 31 January 2010: “Creating a Proactive Attitude”  
Sunday, 14 March 2010: “Marching Into Wellness”  
Sunday, 6 June 2010: “Being SENSE-ational” and GRADUATION!