

FRESH –

A film by Ana Sofia Joanes

NEW THINKING ABOUT WHAT WE'RE EATING

Wednesday, Sept. 24

6:30 – 8:30 pm

Penny George Institute – Abbott Northwestern Hospital

FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system to forge healthier, sustainable alternatives. The screening will be followed by an informal discussion moderated by Jennifer Blair, licensed acupuncturist, and featuring Carolyn Denton, holistic nutritionist at the Penny George Institute, and Tracy Singleton, owner of the Birchwood Cafe. Good, real food from the Birchwood will be served.

\$10 | Registration 612-863-3333 (space is limited)

Cranes of Hope and Sharing



As part of the Penny George Institute's Art of Healing program, cancer survivors gather each month at Abbott Northwestern Hospital to create messages of hope and healing for others who are on a healing journey. The pocket-size creations are given away at Virginia Piper Cancer Institute clinics, the Penny George Institute Outpatient Clinic and Minnesota Oncology clinics. "It's inspiring to see these survivors come together to create something beautiful and meaningful for others while also creating a community of healing," said Jayson King, Art of Healing program manager.

The Art of Healing Program

The Penny George Institute for Health and Healing's Art of Healing program provides arts-based wellness intervention and education, and supports a healing environment.

JUNE – JULY EXHIBITIONS

Susan Strong / Botanical Illustrations
Abbott Northwestern, Penny George Institute

Susan Strong creates finely detailed representations of our natural world. These images allow the viewer to meditate on the amazing simple yet complex architecture of nature.

Miriam Rudolph / Prints
Abbott Northwestern, Wasie Building Lower Level

Miriam Rudolph's prints are visual diaries that narrate her experiences and perceptions of place, exploring concepts of home and belonging, farewell and new beginnings, holding on and letting go.

Penny George Institute Class Registration Form

Pre-registration is required for all classes. To register, fill out this form and mail or fax it with your payment to the Penny George Institute. You may also register and pay by phone.

ATTENDEE INFORMATION

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

PAYMENT INFORMATION Amount Enclosed \$ _____

- Cash Check (Payable to: Penny George Institute for Health and Healing)
 Visa MasterCard Discover American Express

CARD NUMBER _____

EXPIRATION _____

SIGNATURE _____

CLASSES

Abbott Northwestern Hospital

ONLINE REGISTRATION: allinahealth.org/georgeinstitute

PHONE REGISTRATION: 612-863-3333, select option #2.

Hatha Yoga | \$70

Total Body Conditioning Camp | \$75

Mindfulness Training | \$120
(Discount for Allina Health employees)

July 10-24 Sept. 4-25

Unity Hospital

ONLINE REGISTRATION: allinahealth.org/georgeinstitute

PHONE REGISTRATION: 763-236-5629

MAIL OR FAX REGISTRATION (BOTH LOCATIONS):

Penny George Institute for Health and Healing

Attention: Class Registration

800 East 28th Street, Mail Route 15115

Minneapolis, MN 55407 | Fax: 612-863-9019

REFUND POLICY: Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS: Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.