REGISTRATION FORM
2010 Simplicity: Creating a Vision of Doing More with Less
www.myglobalarts.com/simplicity

Name: _______________________
Address: _____________________
City, State, Zip: ________________
Phone: _______________________
E-mail: _______________________

I will be attending:
Thursday Only - FREE _________
Friday Only - $35 _____________
Thursday & Friday - $35 __________

(Prices include Counseling, Social Worker and Nursing CEUs)
Please pre-register so certificates can be made in advance.

Registration starts at 8:30am
Send Registration form and payment to:

Ursuline College Art Therapy & Counseling Department
Attn: Patricia Janosko
2550 Lander Road, Pepper Pike, OH 44124
For directions call: 440.646.8139
or email: pjanosko@ursuline.edu

Make Checks payable to: Ursuline College

** No refunds after February 8.
Seating is limited, walk-ins accepted
ONLY if seating is available.
Thursday, February 11, 2010
Tri-C EAST - Liberal Arts Building E1

FREE Lecture . . . . . . . . . . . . . .
Pause: Putting the Brakes on a Runaway Life
Thursday, February 11 at 7:00pm, Tri-C EAST
Keynote Speaker: Katherine Gibson, M.Ed., B.Ed.

Bestselling author and dynamic public speaker, Katherine’s enthusiasm inspires her readers and audiences across North America. Katherine grew up in Edmonton, Alberta. She made a transition from teaching to writing in 1997, when Unplugged, an article describing how her family gave up television, was published. Katherine sees life as a series of choices that either we make, or they are made for us. She believes it is easy to get lost in the clutter of everyday life through easy access to consumer goods and our ever-increasing pace of life. Her philosophy stresses we need not abandon our homes, jobs or friends to escape a crazy-making life in the fast lane, but rather we might learn to choose carefully what best reflects who we are and what matters most to us.

Gallery Exhibit . . . . . . . . . . . .
Simplicity: Creating A Vision of Doing More with Less
Show runs: February 11 - March 4
Gallery Opening Reception: Thursday, February 11 6:00 - 9:00pm
Author book signing in the gallery after the lecture.
** Parking will be available in B-2
For more information please call: Tri-C Gallery EAST at: 216.987.2473

Exhibit Statement . . . . . . . . . . .
In this economic downturn, we have learned to make do with less, to simplify, and to focus more on our values. We have also become increasingly aware of how living in our fast-paced, complex world can lead to high levels of stress, anxiety and depression.

Creative and visual expression can help to relieve stress, provide insight, tranquility and joy. This show celebrates the gifts of creative expression, and will focus on how we have coped, what is most important in our lives, and on creating more with less.

Friday, February 12, 2010
Ursuline College - Workshop 9:00am - 1:00pm
Unclutter Your Life: Transforming Your Physical, Mental and Emotional Space with Katherine Gibson

In this workshop, Katherine will help us to examine our hurried culture and offer thoughts on how to manage our challenging times and simplify our lives. Katherine will address not just the physical clutter in our life, but also our mental and emotional chaos. As she says in Pause, “What ever our position in society, whatever commitments we face or the complexities of our personal challenges, we can create a life that soothes our soul. It’s a matter of choice. Running ourselves ragged doesn’t have to be in the program.”

Thank You to Our Sponsors . . . . . . . . .
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Cuyahoga Comm. College Continuing Education
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Eugene and Jacky (deceased) Thompson
Ursuline College Ministry Program
Ursuline College School of Graduate Studies
Peg Tipka, MA, PC, ATR
www.counselingcreatively.com

Katherine Gibson writes a book that is sorely needed in today’s burry-up, pile-it-on culture. She provides wisdom in helping us create space and time for what really matters in life. Many times less is more.”
- Brigham Young University

“Your book not only affirms some of my life choices but gives me even more food for thought, especially around emotional clutter and forgiveness. Your resource section alone is priceless. So thank you. I am glad I heard your CBC interview and found my way to your book.”
- Reader in British Columbia

Program layout by: www.lakehousedesigns.net