



Photo credit: Darlene Lamb

# Simplicity: Creating a Vision of Doing More with Less

Thursday, February 11, 2010  
Tri-C EAST - Liberal Arts Building E1  
FREE Lecture 7:00pm  
**Pause: Putting the Brakes on a Runaway Life**  
Keynote Speaker: Katherine Gibson, M.Ed.

Ursuline College Art Therapy & Counseling Department and the  
Cuyahoga Community College Pre-Art Therapy/Creative Arts Dept.  
present the 10th Annual Art Exhibit, Lecture & Workshop  
[www.myglobalarts.com/simplicity](http://www.myglobalarts.com/simplicity)

**FREE Lecture (1 CEU)** •••••

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.



**Author of:** *Unclutter Your Life: Transforming Your Physical, Mental and Emotional Space* and *Pause: Putting the Brakes on a Runaway Life*

**Gallery Exhibit** •••••

Simplicity: Creating A Vision of Doing More with Less  
Show runs: February 11 - March 4, 2010  
Gallery Opening Reception: Thurs., February 11, 2010  
6:00 - 9:00pm  
Author book signing in the gallery after the lecture.  
\*\* Parking will be available in lot H  
For more information please call: Tri-C Gallery EAST at:  
216.987.2473

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

**Workshop (4 CEUs)** •••••

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."

Workshop Location:  
Ursuline College Fritzche Center - 2550 Lander Road, Pepper Pike, OH 44124  
For more information please contact:  
Patricia Janosko - phone: 440.646.8139 or email: [pjanosko@ursuline.edu](mailto:pjanosko@ursuline.edu)

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VALUES • VOICE • VISION

