

Illness as a Means for Transformation



Astrid Pujari, MD is a board certified internist, with an additional four-year degree in herbal medicine from the College of Phytotherapy in

London. She works in private practice at the Pujari Center (www.pujaricenter.com) integrating conventional medicine with nutrition, herbs, supplements, alternative healing, spirituality and mind-body medicine. She wrote a health column for the Seattle Times, and has taught for the Virginia Mason, Swedish Cherry Hill, and Bastyr residency programs.

Arthritis, diabetes, heart disease, depression, cancer... no matter what the diagnosis, chronic illness can be a challenge. It's easy to leave the doctor's office feeling isolated and disempowered, as though we have become "a disease" instead of a human being. In the face of that challenge, many people have questions:

- If I can't change the problem, can I change my reaction to it?
- Is there a way that I can stay centered, even if something difficult
- is happening?
- How do I stay empowered, even when so many things are happening that are out of my control?

Using Illness as a Means for Transformation is a seminar sharing practical ways to start answering these questions. Dr. Astrid Pujari will share her experience and several practical tools to help you stay more centered in everyday life. You'll also be provided with take-home resources so that you can further your journey of self-exploration.

Sunday February 7th, 10a-11:30a at the UW Arboretum, Graham Visitors Center.



For more information, or to RSVP, please call: (206) 344-8053 or visit www.pujaricenter.com.

