

# THRIVING THROUGH ILLNESS

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**Anthroposophic Medical Offerings with Trish McPhee, RN, MSN, FNP-c ❁**

## **An Introduction to Anthroposophic Medicine**

Fever, coughs, nasal congestion, head colds, ear infections and belly upsets are our body's efforts at maintaining equilibrium. Supporting our children through these balancing illnesses is essential so that they may re-form their being to better meet the world. Join us for an afternoon of exploration into the essential power of illness and the appropriate convalescence. Learn why this is crucial and what can happen when it is inappropriately managed.

## **Practical Applications of Anthroposophic Medicine in the Home - A Workshop**

**Saturday, March 4, 2017**

**830AM - 5:30PM**

**All-day workshop fee: \$150 includes supplies. Pre-registration by February 24, 2017 required.**

Learn practical applications and gain confidence in how to manage common ailments by discussing and experiencing the practical applications of wraps, compresses, inhalations and baths. You will gain confidence in caring for the sick at home while also learning when to seek help. Upon completion of this day, you will take away practical skills and the necessary understanding of how to manage common illnesses with confidence and knowing a renewed strength will follow. You will go home with some starter supplies all the information you need to create your own home healing kit.

*Topics and hands-on experiences will include:*

*~Creating a healing environment using the Four Elements~*

*~Topical applications of wraps and compresses ~ Inhalations ~ Therapeutic bath demonstrations~*

*~Managing the essential convalescence ~ How to create your own Home Healing Kit~*

**Location: 2006 Sand Piper Ct, Bodega Bay CA**

**For more information contact: Trish 530 277 5528 or [trishmmcphee@gmail.com](mailto:trishmmcphee@gmail.com)**

❁ **Trish McPhee** is a Registered Nurse and Nurse Practitioner. She has three Waldorf-educated children (two grown). She has been working out of Anthroposophy for 20 years, has taught at Rudolf Steiner College and worked at Raphael House in Fair Oaks. She resides in Grass Valley, California where she works as an Emergency RN and is a private practice NP.



To register for this workshop, please complete this form and mail it to: 148 Conaway Ave Grass Valley CA 95945. Include a check for \$150 made out to Trish McPhee NP. Confirmation and further workshop details will be e-mailed to you.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Street Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_