

Mindbody Medicine Program Presents

Hidden Stresses and Your Health

Learn about hidden stresses, their physical symptoms, and treatment options with a webinar hosted by **Dr. David Clarke**, author of *They Can't Find Anything Wrong!* and **Dr. John Stracks**, Director of OCIMs Mindbody Medicine Program.

Topics include:

- Definition of stress and how it causes physical symptoms
- Inability of medical tests to diagnose stress-related illness
- Review of the five types of stress capable of causing illness
- Numerous examples to help you uncover hidden stresses
- The complex process that links childhood stress to certain personality traits in the adult as well as to physical symptoms
- Treatment techniques for each type of stress

Date and Time: Thursday, August 27th

6 to 8 PM Central Time, 4 to 6 PM Pacific Time

Where: Online viewing available with Dr. Stracks at Prentice Women's Hospital 250 E. Superior or on your own personal computer. Dr. Clarke will be speaking online from a remote location.

Cost: \$20

Registration: Call **312-926-8400** or online at <http://classes.nmh.org/listing/all>

RSVP by Tuesday, August 25th. To register or for more information, please call Health Resources at 312-926-8400 or visit us online at classes.nmh.org/listing/all. For more information, call 312-926-DOCS or email Dr. Stracks at info@drstracks.com.

For more information about Northwestern Medicine or to find a doctor, visit nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

Northwestern Memorial is committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care and access to treatment and programs in a non-discriminatory manner, and eliminating healthcare disparities. For questions, please call the Patient Representative department at 312-926-3112, TDD/TTY number 312-944-2358.