



Loneliness and Connection: The Importance of Relationships for Mind, Body, and Soul

Virtual Continuing Education Event
Thursday, April 25 6:30 – 8:00 pm CDT

We have an epidemic of loneliness in our country, which is partially to blame for the rise in depression and anxiety among young and old alike. Our workshop will explore the ramifications of loneliness and the blessings of connections. We'll discover how incredibly interrelated we are biologically, even in microscopic ways.

We will look at the spiritual practices and others that are guaranteed to increase our connections and our health in mind and body. Come join us and be amazed, inspired, and delighted!

We hope you will join us and learn from nationally featured speaker and award winning author, Anne Kertz Kernion.

Event Details

All Are Welcome. Being a BeFriender is not a requirement to participate.

April 25, 2024

6:30–8:00 pm CDT

Participate from the comfort of your home or office.

\$25.00 per person

\$20.00 per person for 10 or more from the same church/organization

During the week of April 25 you will receive an email with the event link.

How to Register

Online: www.befrienderministry.org

Continuing Education / National Office Events

Mail: Complete registration form and send with payment to:

BeFriender Ministry National Office

1120 E. 80th Street, Suite 105

Bloomington MN 55420

Registrations are non-refundable. You may transfer your registration to someone else to attend the same session for which you were registered. Please notify the BeFriender Ministry office with the transfer information.



Presenter: Anne Kertz Kernion

Anne founded Cards by Anne over 40 years ago and is the Loyola Press author of “Spiritual Practices for the Brain,” which won awards for integrating health and spirituality. Her academic background in engineering, theology, neuroscience and positive psychology informs her presentations for groups across the US and Australia. Anne teaches a weekly yoga class and enjoys biking and hiking. She and her husband, Jack, have 3 children and 6 grandchildren.

BEFRIENDER MINISTRY

God is Present • Caring not Curing • Active Listening • Nonjudgmental Presence

1120 E. 80th St. Suite 105, Bloomington, MN 55420 • 952-767-0244 • www.befrienderministry.org



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Registrant Information

Please register online at www.befrienderministry.org and choose Continuing Education/National Office Events or complete a form for each registrant and mail together

Name _____

Phone _____

Home Work

Phone _____

Cell

E-mail _____

During the week of the event, you will receive an email with a link to attend the virtual event.

Preferred Mailing Address:

The address above is my: Home Church/ organization

Your Current Role:

Pastor Staff _____

BeFriender

Volunteer Other _____

Church/Organization Information

Church/Organization name

Church/Organization address (if not listed above)

Registration Fees

1-9 Registrations

_____ Number of registrations x \$25 = \$ _____

10 plus Registrations from the Same Church/Organization

_____ Number of registrations x \$20 = \$ _____

TOTAL amount due to BeFriender Ministry \$ _____

A check payable to BeFriender Ministry in the amount of \$ _____ is enclosed.

I authorize BeFriender Ministry to charge \$ _____ to the credit card listed below.

Credit Card Information

VISA MasterCard Discover

Name on Card (please print):

_____ Personal Card Church/organization card

Card number _____

Expiration date _____

Billing Address _____

City and State _____

Zip Code _____

3-digit card security code _____

Signature _____

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