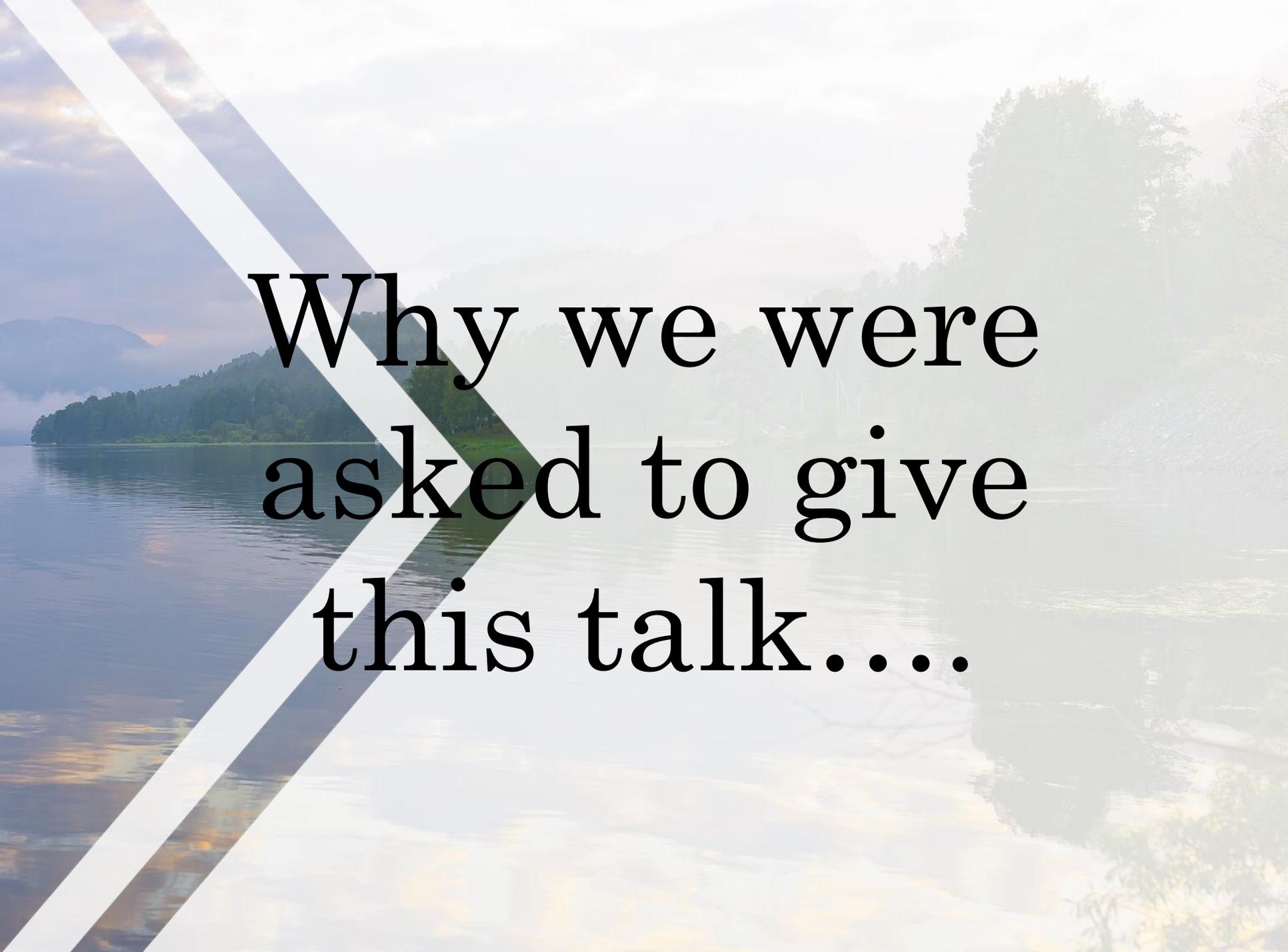


A New Paradigm: Innate Health for Sustained Resilience and Well Being

Mary Martin, LCSW

Chaya “Hiya” Parkoff, MSW, LSW

A scenic landscape featuring a calm lake in the foreground, reflecting the sky and surrounding greenery. In the background, there are rolling mountains and dense forests. A large, semi-transparent white 'X' is overlaid on the entire image, extending from the top-left to the bottom-right and from the top-right to the bottom-left. The text is centered over the lake and mountains.

Why we were
asked to give
this talk....

A scenic landscape featuring a calm lake in the foreground, reflecting the sky and surrounding greenery. In the background, there are misty mountains and dense forests. A large, white, stylized arrow points from the left side of the frame towards the center, partially overlapping the text. The overall atmosphere is serene and natural.

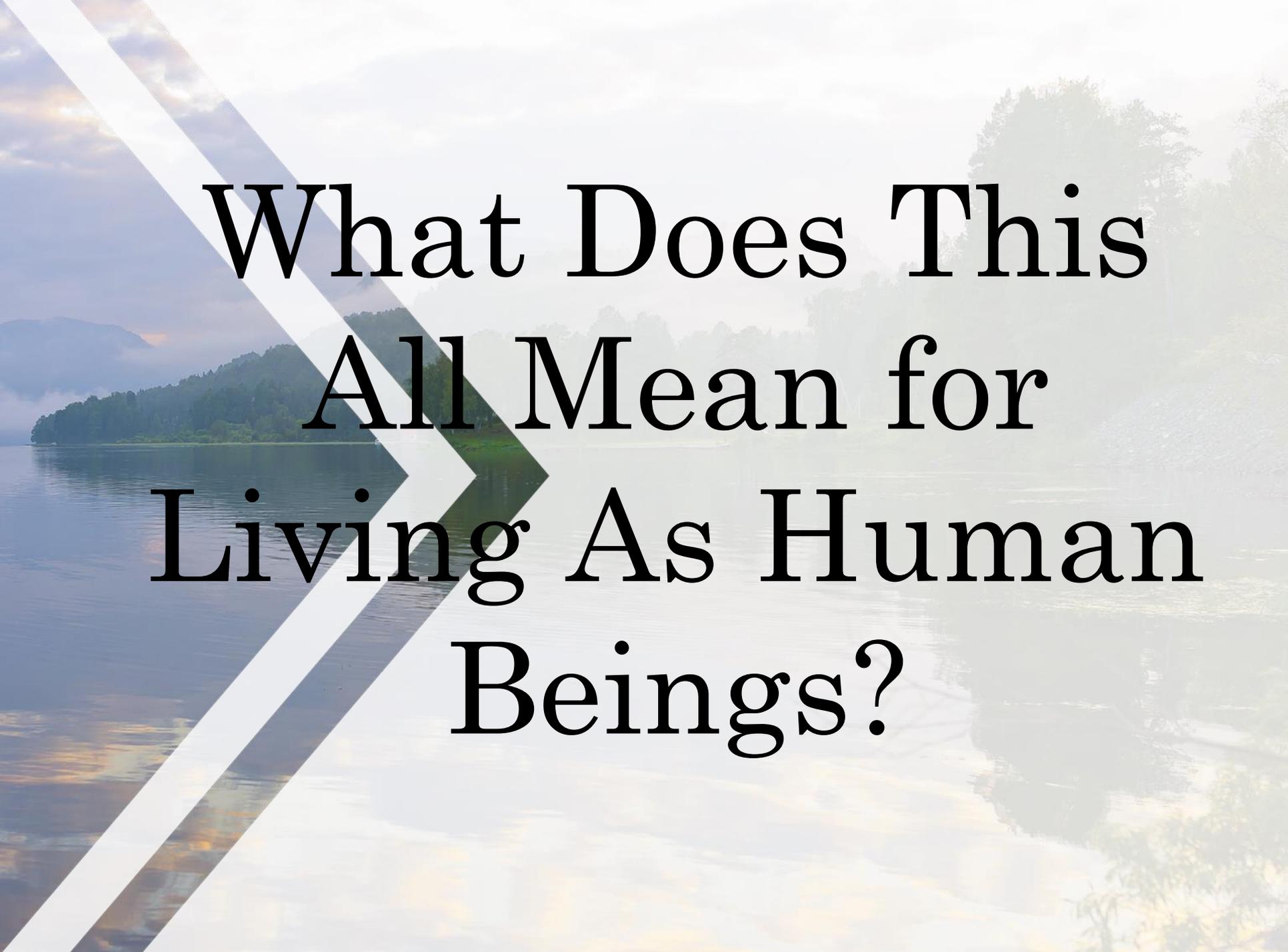
What to Expect

A scenic landscape featuring a calm lake in the foreground, reflecting the sky and surrounding greenery. In the background, there are misty mountains and dense forests. A large, white, double-lined arrow points from the left side of the frame towards the center, partially overlapping the text. The overall atmosphere is peaceful and serene.

Well Being

A scenic landscape featuring a calm lake in the foreground, reflecting the sky and surrounding greenery. In the background, there are rolling mountains and dense forests. A large, white diagonal line runs from the top-left corner towards the bottom-right, crossing the entire scene. The text is centered over the lake and mountains.

Where Does
Well Being
Come From?



What Does This
All Mean for
Living As Human
Beings?

Where Do We Go From Here?

- ❖ www.3pgc.org
- ❖ Monthly meetups in Denver and Boulder
- ❖ Upcoming immersion workshops with Judy Sedgeman and Christine Heath

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