“Theology of Self Care”
Elizabeth Berne DeGear and Mary Winters

Thursdays, July 22 and July 29, 2010
1:00 p.m. to 2:00 p.m. Central Time

Overview:
In this two-part audio conference participants will be introduced to new perspectives on self care.

Teaching Objectives:
- Grounding our understanding of self-care in Catholic theology
- Defining the terms “self” and “care” in a theological context
- Offering tools to determine what constitutes self-care for each of us
- Distinguishing ways of “being religious” that are self-care from ways of “being religious” that undermine care of ourselves (and hence our care of others)

Program Information: The audio conferences will begin promptly at 1:00 p.m. Central Time and conclude at 2:00 p.m. Central Time. Participants will receive presentation materials one week in advance in order to prepare for the presentation. Elizabeth and Mary will begin the two sessions with a presentation, followed by facilitated participant exchange. The participants qualify for up to 3 CEHs for the two sessions. The fee is $20 per line for the two sessions. Toll-free telephone number, pass-code information, and presentation materials will be sent to participants via email one week before the first audio conference.

To Register: Please register early as we have a limited number of telephone lines available. Complete the registration form below and email or fax your intent to participate to Jeanine Annunziato, jannunziato@nacc.org or 414-483-6712. Sorry we cannot accept registrations over the phone. Send the completed registration form and your check, made payable to NACC, to: Jeanine Annunziato, NACC, 5007 S. Howell Avenue, Suite 120, Milwaukee, WI 53207-6159 Deadline for registration is July 13, 2010. For questions: jannunziato@nacc.org.