

Renewing Life™: Offering Proven Results

Participants report significant shifts from feeling exhausted to energized, overwhelmed to empowered, scattered to focused, broken to whole. We invite you to consider how experiencing Renewing Life™ may enrich your life, using your life circumstances as a catalyst for living well.

Renewing Life™ Program Outcomes

FROM STUCK TO LETTING GO



FROM DEPRESSED TO JOYFUL



FROM HOPELESS TO HOPEFUL



FROM BLAMING TO FORGIVING



FROM ANXIOUS TO CALM



FROM OVERWHELMED TO EMPOWERED



FROM ISOLATED TO CONNECTED



DEFINED BY ILLNESS TO NOT DEFINED BY ILLNESS



FROM CLOSED-HEARTED TO OPEN-HEARTED



FROM NO ENERGY TO FULL OF ENERGY



FROM NOT SLEEPING WELL TO SLEEPING WELL



FROM EXHAUSTED TO ENERGIZED



0 5 10 15 20 25 30 35 40 45

■ Pathways participants who took Renewing Life

■ Pathways participants who did not take Renewing Life



RENEWING *Life*™



“The intimate connection with others facing challenging life and health conditions was the most meaningful to me.”

– Renewing Life Participant

Pathways

A Healing Center

Since 1988

Pathways' mission is to provide resources and services for people with life-threatening and chronic physical illness—as well as their caregivers—to explore and experience complementary healing. Pathways provides programs designed to support a creative healing response to illness.

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Minneapolis, MN 55408

612-822-9061

pathwaysminneapolis.org

Pathways

A Healing Center



Pathways offers the following versions of Renewing Life™:

Renewing Life™
Traditional
Curriculum

Renewing Life™
through the
Expressive Arts

Renewing Life™
for
Older Adults

Key features of Renewing Life™:

- 8 weekly sessions or 3-day intensive format
- 2 trained, experienced facilitators
- 150 page participant manual (Traditional and Expressive Arts versions)
- A safe, confidential and inspiring space

Renewing Life serves those who are:

- Experiencing life-threatening or chronic illnesses
- Caregiving for someone with a life-threatening or chronic illness
- Undergoing challenging life transitions

Renewing Life™ Objectives:

- Become an active agent in your healing process
- Learn communication techniques to express feelings and enhance relationships
- Cultivate stress recognition and reduction techniques
- Enhance individual problem-solving skills and develop a peer support system
- Discover inner wisdom and authenticity
- Develop a wellness lifestyle that includes purpose and a sense of joy

Renewing Life™ is offered at the following locations:

- Pathways Healing Center in Minneapolis, MN
- Community partners in the Twin Cities metro area with regional and national opportunities

Ways to engage with Renewing Life™:

- Enroll in an upcoming Renewing Life™ session
- Offer Renewing Life™ at your organization
- Become a certified Renewing Life™ facilitator



Renewing Life™ is a program designed to empower individuals to live well amidst life-threatening or chronic physical illness as well as challenging life transitions. Weaving together holistic tools and life experiences, Renewing Life™ invites individuals to discover and create new ways of being within a supportive environment.

Please call Pathways at 612-822-9061 or visit pathwaysminneapolis.org



"I feel like I belong for the first time in a long time."

- Renewing Life Participant