

**ARE YOU STUCK
IN YOUR LIFE, YOUR
CAREER, OR YOUR HEAD?**



GET UNSTUCK!

Life Care Wellness and Sanya Syrstad, LCPC invite you to attend a **new, ACTIVE therapy group that utilizes running to help you get unstuck**. This closed small group (capped at 8 participants) meets for **6 weeks** and focuses on a different topic each week to recognize stuckness, work through stuck points, and move forward. *This 60-minute group meets each week for a brief discussion of the week's topic focus, then the group runs to and in area parks before a wrap-up to process participants' experiences.*

Research recognizes that running helps tame "tame the monkey mind" and that exercise is a natural anti-depressant. This group uses the embodied experience of running to help you process feelings, thoughts, and concerns about your life, while supporting self-acceptance. The group dynamic fostered by a **closed confidential group** allows members to share, discuss, and support each other through the process.

The group is forming now for an **April 5th start**, and will meet at **6:45 a.m.**, so it is ideal for those who lead **busy lives and struggle with finding time for self-care**. *Previous running experience is not necessary.* A variety of fitness levels are acceptable as initial running will be through running intervals. Group members may "re-up" for the next 6-week group if they desire. *Note that the group is not focused on weight loss, nor coaching for running.*

Group facilitator Sanya Syrstad, LCPC is a seasoned professional counselor who also is a world class athlete in her age group. Sanya earned a silver medal at the World Age Group Triathlon Championships in 2015 and represented the U.S. in Rotterdam in 2017 with a 4th best U.S. time. She's a 4-time qualifier to represent Team USA at the world championships, and a 5-time Champion at the Masters National Track and Field Championships. In addition, Sanya is a certified coach in the Pose method of running, a method proven to reduce running injuries.

\$65/session; insurance accepted. Call Sanya Syrstad at 630-890-2226 with questions or to register.