

# Crossing the Bridge to Health: A Creative and Symbolic Journey

**Are you faced with health challenges? Come hear Penny H. Baron, PhD, speak about her new spoken word CD *Crossing the Bridge to Health: A Creative and Symbolic Journey*. During this program participants will also have the opportunity to envision 'crossing their own bridge to health' through a relaxation and guided imagery experience to assist individuals in thinking positively and setting goals when facing different health challenges in their life physically, mentally, emotionally, and behaviorally. Move in the direction of self-empowerment and resilience in your life.**

**Saturday, September 26, 2:00 PM  
Barnes & Noble  
614 South Meadow Street  
Ithaca, NY**

## **About the Presenter:**

**Penny H. Baron**, PhD, ATR-BC, LCAT is a Registered and Board Certified Art Therapist, and Licensed Creative Arts Therapist in NY State. Dr. Baron brings over 25 years of professional work with individuals and groups in the areas of holistic health, stress management, and the creative arts therapies. For more information about the new audio CD *Crossing the Bridge to Health: A Creative and Symbolic Journey* visit: <http://www.pennyhbaron.com>



This program is **free** and open to the public.

**For information:** Call Barnes & Noble **607-273-6784**

or Email: [info@pennyhbaron.com](mailto:info@pennyhbaron.com)