

6/24/2015, 7/14/2015, 8/3/2015, 9/6/2015, 10/5/2015, 11/7/2015, 12/12/2015

Well-Being Toolbox, One Day, \$95

Featuring Dan Vaillancourt, Ph.D.

608.553.0728 – <http://thewalkerhouse.org>

Description

This all-day program (8:30am-6:30pm) includes two meals, two sets of snacks, beverages, session materials, and almost six hours of programming and activities on well-being. As with every program on Well-Being at the Walker House, this program includes sessions and components related to nutrition and exercise, the two legs that support the Well-Being edifice.

You leave this program with 12 tools in your toolbox—and some practice with each one—to build your Well-Being. The 12 tools are Exercise, Nutrition, Moving Meditations, Play, Hobbies, Meditation/Breath Control, Mindfulness, Gratitude, Meaning, Beauty, Love, and Wounded Healing.

Throughout history, people around the world have viewed “12” as a significant number. In addition to the 12 months of the year, there are 12 signs of the Western and Chinese zodiac, 12 tribes of Israel, 12 apostles of Jesus, 12 Imans of Shi’a Islam, and 12 names of the sun god Surya in Hinduism. There are also 12 tools in the Well-Being toolbox to help you fix the persistent ailments pulling down your body and spirit. One more thing: would you be surprised to learn that these Well-Being tools turn you more toward the other than toward your self? Heal thyself, yes, but do it by turning toward the other! And “12” is your magic number.

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Need-To-Know

Price. \$95 for the following items:

<ul style="list-style-type: none">● 8 Sessions● 4-course Dinner● Picnic Lunch● 13 Side-By-Side Tastings● Program Packet	<ul style="list-style-type: none">● Snack Buffet w Drinks● Scavenger Hunt to Earn Walker Bucks● Access to Online Walker House Food Market● Session Materials
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Reservations. Reserve your space by calling 608.553.0728 or emailing walkerhouse1@gmail.com. Please pay by check or cash at check-in.

Deadline. 6/12/2015 or Program is cancelled. Please go to the next Well-Being Program and bring family and friends with you.

Lodging. The Walker House, 10 rooms, \$79-\$139, 20% discount, 608.553.0728.

Quality Inn, 45 rooms, \$89-\$124, 608.987.4747.
A dozen local B&Bs. http://mineralpoint.com/lodging/bandb_guestrooms

Activity Level. Light to Moderate.

Minimum Participants. 10

Maximum Participants. 25

Guests. \$15 for each guest joining you for the Celebration Dinner.

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Hourly Snapshot

- **8:30-9am Check-In:** Buffet Snacks and Beverages As Soon As You Check-In
- **9-9:30am Session 1:** Welcome And Orientation
- **9:30-10:30am Session 2:** Tell Me Your (New) Story
- **10:30am-12pm Session 3:** Healing Those Body Ailments
- **12-1:30pm Session 4:** Picnic Lunch (outside, if weather permits)
- **1:30-2pm Session 5:** Move That body With A Scavenger Hunt Inside The Walker House
- **2-4pm Session 6:** Healing Those Ailments Of The Spirit
- **4-5pm Session 7:** Interlude In Love: Buffet Snacks, Family, Friends, Tours
- **5-6pm Session 8:** Celebration Dinner
- **6-6:30pm Final Session:** Check-Out and Au Revoir

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Details

- **8:30-9am Check-In:** Buffet Snacks and Beverages As Soon As You Check-In
- **9-9:30am Session 1:** Welcome And Orientation
 - Creators of the Well-Being Workshops, Retreats, and Camps (and owners of the Walker House), Dr. Dan and Kathy Vaillancourt, welcome everyone, lead a round of introductions, and conduct a brief orientation to the day's sessions. They also reveal the single most important thing you can do to augment your Well-Being.
- **9:30-10:30am Session 2:** Tell Me Your (New) Story

- Here comes probably the strongest statement of the day: **You cannot create another You unless you imagine a different You.** You know—sometimes painfully—where you’ve been (past), and you know where you are (present), but have you thought about where you want to go, about how you want to create yourself (future)? This session helps you explore your current narrative and your future one in relation to Ailments of the Body and Ailments of the Spirit.
- **10:30am-12pm Session 3: Healing Those Body Ailments**
 - You learn to use 5 tools to heal that body of yours: Exercise, Nutrition, Moving Meditations, Play, and Hobbies. You also get a little practice with each one.
- **12-1:30pm Session 4: Picnic Lunch (outside, if weather permits)**
 - In addition to lunch, you participate in pop-up discussions on the effects of different foods on the body. You also learn about Side-By-Side Tastings, a Walker House Innovation.

Picnic Lunch Foods

“We serve minis so you can enjoy manys.”

- Side-By-Side Entrées
 - Budget Mini Burgers VS. Jerry Marr Grass-Finished Burgers
 - Budget Mini Veggie Burgers VS. Walker House Mini Bean Burgers
- Side-By-Side Beans
 - Budget Baked Beans VS. Walker House Baked Beans
- Side-By-Side Potato Salad
 - Budget Potato Salad VS. Walker House Potato Salad
- Side-By-Side Pasta Salad
 - Budget Pasta Salad VS. Walker House Pasta Salad
- Side-By-Side Fries
 - Budget Fries VS. Walker House Sweet Potato Fries
- Side-By-Side Dessert
 - Budget Ice Cream VS. Chocolate Shoppe Ice Cream

Please Note: Foods served today come directly from the Walker House kitchen, either prepared here or created here, using meats, vegetables, fruits, and herbs grown on the premises or locally (when available). The exceptions are brand products or items labelled “Budget.”

- **1:30-2pm Session 5: Move That body With A Scavenger Hunt Inside The Walker House**
 - This session may be as good as it gets in life. You work in groups (your form friendships), you move your body (you get exercise), you have a little competitive fun in trying to beat other groups (you play), you learn the features that make the Walker House one of the world’s treasures (you experience beauty), and you earn Walker Bucks with each item your group finds (you earn money). The session ends with a few words on exercise and play in relation to Well-Being, and you learn of ways to spend or save your “hard-earned” Walker Bucks.
- **2-4pm Session 6: Healing Those Ailments Of The Spirit**

- You learn to use 7 tools to heal that spirit of yours: Meditation/Breath Control, Mindfulness, Gratitude, Meaning, Beauty, Love, and Wounded Healing. As in the morning session, you also get a little practice with each one.
- **4-5pm Session 7: Interlude In Love: Buffet Snacks, Family, Friends, Tours**
 - Have you ever wondered how many people it takes to bring you a glass of drinking water through the faucet in your home? John Lachs in *Intermediate Man* (1981) has calculated the number in the thousands. That’s why philosopher Tom O’Brochta has described human nature this way: “To be human is to be indebted to other people.” To whom are you indebted? In this session, you welcome to the Walker House one or more persons who have helped you become who you are and who will assist you in developing the New You. It’s your opportunity to love them now and to express your gratitude to them for loving you in return. You greet them at the door, treat them to buffet snacks and drinks provided by the Walker House, and lead them on a tour of the House. Finally, you take them as your guests to the Celebration Dinner.
- **5-6pm Session 8: Celebration Dinner**
 - You conclude your Well-Being residency at the Walker House with a four-course meal of Side-By-Side tastings. You can push your own journey toward Well-Being by embracing new healthy foods. Your guest(s) can follow your venturesome spirit or live life at the table more modestly by sticking to old favorites. The Walker House caters tonight to every taste so that no one leaves the table hungry, not even a finicky teenager.

Dinner Foods
Four-Course Meal
Side-By-Side Tastings

Salads	Head Lettuce Wedges Doused in Budget Dressing	VS.	Walker House Salad in House Dressing
Entrées	Mini Grilled Burgers w Budget Meat	VS.	Mini Grilled Burgers or Top Sirloin Grilled Steaks (4 oz.), both w Jerry Marr Grass-Finished Beef
	Vegetarian Gourmet: Lemon Vegetable Rice and Quinoa Stir Fry With Tofu Cubes on a Bed of Walker House Rice Blend—All Browned in Extra Virgin Olive Oil		
Sides	Budget French Fries	VS.	Sweet Potato Fries – Baked
	Budget Rice	VS.	Walker House Rice Blend
	Budget Veggies	VS.	Walker House Stir Fry Veggies
Desserts	Twinky w Budget Ice Cream	VS.	Baked Alaska and Crème Brûlée (Two Walker House signature desserts made with the finest ingredients like Chocolate Shoppe Ice Cream, Meringue, and Whipped Cream.)

*For illustrative purposes only. Foods change seasonally to take advantage of farm-to-table produce and meats.

- **6-6:30pm Final Session: Check-Out and Au Revoir**
 - The Walker House staff hopes to see you again soon, but meanwhile you can pick up your cooler with foods or meals, if you ordered any Walker House products.
 - Please take good care of yourself, because the world needs you. It was a privilege working with you today.

Au Revoir!