

HEALTH



MINISTRIES  
ASSOCIATION • INC.

# Health Ministries Association Presents Our First Members Zoominar!

Wednesday September 30, 2020  
7pm Eastern, 4pm Pacific

## Don't Rock My Boat!

Presented by Kendra Dixon-Tillman, MSW, LCSW

Self-care is not an option, especially in these unprecedented and uncertain times. Self-care is a necessity. Let us explore how to incorporate simple self-care strategies into our lives from a spiritual perspective that are easy to learn and cost-effective. You probably have not heard a self-care presentation like this before! If you need to be inspired or have been feeling overwhelmed lately, come ready to laugh and participate.



*"Self-care is not an option; it is a necessity."* Kendra Dixon-Tillman



### Registration Information:

Registration is FREE for HMA Members, space is limited. Please click the link below and register before Friday, Sept 25, 2020 at 5pm ET. You will be sent a confirmation email with your link and instructions to join our Zoominar. Any questions, please email [info@hmassoc.org](mailto:info@hmassoc.org)

[https://zoom.us/meeting/register/tJMldOyurjopHtQE\\_HpbkfT8B-MQs-EKg1wc](https://zoom.us/meeting/register/tJMldOyurjopHtQE_HpbkfT8B-MQs-EKg1wc)

### A bit about our Presenter:

Kendra Dixon-Tillman, MSW, LCSW is a licensed psychotherapist in the state of Michigan and a graduate of the Wayne State University School of Social Work – Detroit, Michigan and the University of Michigan – Ann Arbor campus. She has been trained in the Cognitive Behavioral Therapy approach and integrates neuroscience principles, the arts, and other modalities to provide holistic services that promote healing from the inside out.

Ms. Tillman is a strong advocate for enhancing mental health fitness, self-care, physical and spiritual wellness. She is passionate about training and motivating clients to manage their minds which is foundational to a healthy brain and a healthy lifestyle. Ms. Tillman provides individual psychotherapy, group therapy, educational workshops, and motivational speaking in urban community mental health as well as in upscale private communities. She is especially committed to helping women whose lives have been thwarted from the pains of a narcissistic partner, divorce; and psychological and physical abuse. Supporting them as they learn to recover their minds and reclaim their lives. Her website is <https://www.kendradixonmswlcswmindconnections.com/>



In 2020 each person who renews or starts their membership can bring a new member along for just \$20. For more information go to [hmassoc.org/](http://hmassoc.org/)

**This HMA Zoominar is the first in a series geared specifically for our Members in the Health Ministries field.**