

## Eva Lapidés

has been there herself and now provides a lifeboat with a beaoning lighthouse to people who need it! *Gerry Trautz*



Co-Founder and President of The Empowerment Center

Author and Mentor

*Aspire Towards Healing and Wellness,  
The Survival Guide Series to  
Regaining Your Life and  
The Healing and Wellness Curriculum*

### Student Feedback:

“The Healing and Wellness seminar changed my perspective!” “It is a new refreshing perspective on an old problem, a proactive approach, and intriguing!” “I feel the empowerment in a REAL way!” The class was “very up lifting, very informative and gave me clarity.” “There are options in our recovery.” We learned to “cope with strategy.” “We can be overcomers.” “Eva is a dynamic and personal presenter.” “Eva feels the model whole heartedly and definitely lives it.” “Keep developing programs that continue to meet people’s expectations.” “Spread it across the U.S.A.” “Healing and wellness is the future.” “Yes, yes, yes! ☺ I would like to learn about the model and the advanced series.”

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## CHANGE HOW YOU VIEW YOUR LIFE



ASPIRE TOWARDS  
HEALING & WELLNESS

BLUEPRINT TO BUILDING  
A BALANCED AND WORTHWHILE LIFE

### Innovative and Custom-Designed “Healing and Wellness Courses” And Private Mentoring *To Balance Your Life’s Goals*

Successful courses and mentoring given at:

*Rockland Psychiatric Center  
South Beach Psychiatric Center  
The Empowerment Center, Mt Vernon  
Dimensions, New Rochelle*

Endorsed by:

- *Alvin Yapalater, M.D., Psychiatrist*
- *Elaine Levin, Director of NYWRAC Peer Advocacy*
- *George Ebert, Founder and Activist,  
Mental Patients Liberation Alliance*
- *James J. Rye, MA, Executive Director, The Empowerment Center*
- *Mark Iskovitz, MA, Clinical Psychology, Yeshiva University*
  - *Paulina Magnetti, President,  
NAMI Bronx Families and Advocates, Inc.*
- *Walter Goldman, President, GoldKap Consulting Group*
  - *Yocheved Pentelnik, Mother and Teacher*

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MOVEMENTTOCHANGE, INC.  
HEALING AND WELLNESS

OPENING MINDS WITH  
CLARITY AND RESPECT

*Now Available!*

MOVEMENTTOCHANGE

## “Healing and Wellness Private Mentoring”



## CREATE THE CHANGE YOU NEED

**Find the Essence  
Of Your Situation  
And Get Unstuck**

**Effective Education for  
Wellness, Mental Health Wellbeing,  
Overcoming Traumatic  
Experiences, and Difficult Life  
Situations**

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OPENING MINDS WITH  
CLARITY AND RESPECT

## CHANGE HOW YOU VIEW YOUR LIFE

MOVEMENTTOCHANGE  
“Healing and Wellness Courses”  
And Private Mentoring

*Now Available!*

◇ Do aspects of your life  
become too overwhelming  
or too intense  
to deal with?

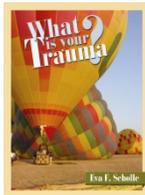
◇ Are you stuck and want  
to move forward?

◇ Do you feel alone or not  
understood?

◇ Do you seek personal answers?



*Change the distress  
in your life.  
Move your life  
forward.*



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## *Find the Essence of Your Situation And Get Unstuck!*

See your situation differently.  
Create a better, more personally  
meaningful and worthwhile life.

Create a solid foundation  
for your life where your success builds  
from your experiences.

*It is now easier than ever to  
move your life forward.*

**Be successful!  
Change the distress in your life.**

- ✓ Now is the time!  
Start a fresh lifetime of successes.
- ✓ Experience it!  
Students are calling it “cutting-edge  
and fast-track treatment!”
- ✓ Available now!  
A limited number of opportunities  
are available in Westchester and  
Rockland Counties.

*We take self-improvement,  
recovery, health, and wellness  
to the next level.*

### TRANSFORMATIVE INSTRUCTION & MENTORING

#### ✓ Private 5-Hour Mentoring Session

Reframe your situation, issue or concern by  
discovering its essence and discover a better  
approach. After the initial get-together, the  
3-hour session and follow-up is scheduled.

#### ✓ Private Mentoring Modular

Identify your unique objectives and have the  
opportunity to learn about it and practice what  
you really want to achieve. With new  
understanding and confidence become better  
at using familiar resources or discovering new  
ones and gain the ability to take your next step.



**What situation is difficult for  
you that you continue to  
struggle with?**

#### What is this opportunity?

MovementToChange Healing and Wellness  
courses and mentoring take recovery,  
health, and wellness to another level by  
providing the opportunity for people who  
have experienced distress in their lives  
(which is all of us) to explore the multiple  
dimensions contained within “Aspire To-  
wards Healing and Wellness”, integrate it,  
and become better able to move forward to  
have a balanced and more worthwhile life.  
Be part of this transformative experience  
that also provides opportunity to practice  
what you want to achieve. Experience the  
reframing of life situations and the discovery  
of its essence. Develop new skills and  
confidence as you gain new perspective  
while discovering your personal resources.