

# UNCG Gerontology Research Network Workshop

UNCG GERONTOLOGY  
RESEARCH NETWORK

*Facilitating  
transdisciplinary  
aging-related research  
at UNCG.*

## Complementary Alternative Therapies (CAT) for Your Clinical Toolbox

**Judith A. Spross, PhD, RN, FAAN,**  
Professor of Nursing at the Univ.  
of Southern Maine, leads two  
professional development workshops  
for UNCG faculty and students.

Spross engages us in participatory  
demonstrations of non-pharmacologic CAT  
therapies that complement traditional therapies:  
Reiki, relaxation and imagery, breathing, music,  
bibliotherapy, and distractive techniques.  
Experience these yourself!!



**Participation is free, limited to 10 participants in each session, and preregistration is required!** Wear comfortable clothing and arrive with an open mind. **Preregister** via Mary Wolfe at [mlwolfe@uncg.edu](mailto:mlwolfe@uncg.edu) 336-256-1020.

**Tuesday • March 27, 2012**  
**UNCG • Ferguson Building • Room 247**  
**Register for either 10:00-11:45 a.m. or 2:00-3:45 p.m.**

FOR MORE INFORMATION ABOUT  
THE UNCG  
GERONTOLOGY RESEARCH  
NETWORK  
VISIT  
[GERORESEARCH.UNCG.EDU](http://GERORESEARCH.UNCG.EDU)

PHONE: 336-256-1020

Jointly sponsored by the **UNCG Gerontology Program**  
& the **UNCG Department of Community and Therapeutic Recreation**,  
both within the new **UNCG School of Health and Human Sciences**.