

## **“Daily Self-Care Tools for Life”**

An Easy, Fun Energy Medicine Healing Course to Empower You !

*Professional Mentors:*

***Dr. Dalia Elimam***

***Dr. Gail Van Kanegan, FNP***



**“Daily Self-Care Tools for Life”** is facilitated by Certified, Licensed & Insured Advanced Practice Energy Medicine Professionals & Instructors

**Dr. Dalia Elimam & Dr. Gail Van Kanegan, FNP** Combine Their Professional Expertise Across Holistic and Medical Fields to Bring a Fun & Unique Approach to Energy Medicine Healing and Learning

**2- Day Course Offered TWO Times in 2026!**

**April/May 2026 Course**

Wednesday, April 22<sup>nd</sup> , 6:00 pm - 8.30 pm

Saturday, May 2<sup>nd</sup> , 9:00 am - 4.00 pm

**September /October 2026 Course**

Wednesday September 23<sup>rd</sup> , 6:00 pm - 8.30 pm

Saturday, Oct 3<sup>rd</sup> , 9:00 am - 4.00 pm

### **Daily Self-Care Tools for Life Description**

**2- Day Course** : 9.5 hours taught over 2 days on Wednesday evening and a following Saturday.

#### **Day 1**

- ◇ Introduction and Getting to know you
- ◇ The background of EM with examples
- ◇ Universal and personal energy
- ◇ Building your Energetic Tool Kit: Energy tools for grounding (Spoon), stress response reduction (TWS), and self-protection from external energies (zip up)

#### **Day 2**

- ◇ Building your Energetic Tool Kit
- ◇ Self-testing
- ◇ Daily Energy Routine including Neurovascular Point holds
- ◇ Personalized Energy Evaluation
- ◇ Individual Health Priorities

**Registration fee: \$250 for 2-Day Course**

**Registration link: <https://drgailv.com/energy-medicine-healing-course/>**

**Registration deadline:** Friday April 17<sup>th</sup> and September 18<sup>th</sup>

**Where:** Hermitage Farm Center for Healing at 6415 W River Road NW Rochester 55901

**Email:** Dr. Dalia Elimam [dalia.elimam.md@gmail.com](mailto:dalia.elimam.md@gmail.com) 954-261-6313

Dr. Gail Van Kanegan: [Healing@drGailV.com](mailto:Healing@drGailV.com) 507-244-1994

\*Tea and water are provided. Bring your snacks and lunch for Saturday, also extra layer of clothing and slippers for your feet for warmth & comfort. We offer you access to a full kitchen with a microwave , stove top and refrigerator.

### Meet Your Professional Mentors

From Rochester Minnesota

Dr. Dalia Elimam [www.blissenergymedicineLLC.com](http://www.blissenergymedicineLLC.com)

Dr. Gail Van Kanegan [www.drGailV.com](http://www.drGailV.com)



Hermitage Farm Center for Healing <https://hermitagefarm.org/practitioners/>

### What You Will Learn From Your Professional Mentors

- ◇ What is Energy Medicine?
- ◇ Energy Medicine and the Complexities of Health and Wellness
- ◇ Energy Medicine Techniques for Self-Care & General Health for
  - ◇ Individual & Personal Health and Wellness Priorities
  - ◇ Experience & Practice Energy Balancing Techniques
    - ◇ The Body Energy Systems

### What You Will Receive From Your Professional Mentor

- ◇ Professional Education
- ◇ Energy balancing and healing
- ◇ Energy medicine techniques for yourself, your family and friends
  - ◇ Self-care routine tailored to *your* health needs
- ◇ Learn & Experience a Personalized Energy Medicine Modality for your specific wellness goals!
  - ◇ Certificate of Completion
  - ◇ Course Materials
    - ◇ Surprise gifts
  - ◇ Continuing Education Credits awarded
- ◇ **Registration link:** <https://drGailV.com/energy-medicine-healing-course/>