

NEWS

FROM

Wilfrid Laurier University

75 UNIVERSITY AVENUE WEST

WATERLOO, ONTARIO, CANADA N2L 3C5

TELEPHONE: AREA CODE 519, 884-1970

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Richard K. Taylor
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For Immediate Release

COVERAGE INVITED

Neurosurgeon who dropped knife for meditation
to lecture at WLU and K-W Hospital, Jan. 25, 26

Dr. C. Norman Shealy, a neurosurgeon who now relies on such techniques as meditation and relaxation instead of surgery, will give three public free lectures Jan. 24 at Wilfrid Laurier University. A fourth lecture will be given the next day at the Kitchener-Waterloo Hospital with a \$5 fee.

Dr. Shealy is president of the American Holistic Medical Association, an organization that brings the strength of the mind and spirit to bear on bodily ills. He is the author of such books as *A Modern Doctor Looks at Unconventional Healing*, and *90 Days to Self-Health*. Earlier, he held appointments in neurosurgery at the Harvard Medical School, among others.

At WLU, he will speak on *Self-Regulatory Management of Stress Diseases*, on the mezzanine of the dining hall building at 10 a.m.

At 2 p.m. in the same location, he will conduct a workshop demonstrating how some of the principles in the morning lecture can be put into practice. There will be a series of mental exercises for inducing relaxation, management of emotions and spiritual attunement.

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At 8 p.m., in Room 1E1 of the WLU arts building, Dr. Shealy will discuss the history and claims for a wide variety of approaches to illness, including chiropractic, Christian Science, yoga, biofeedback, acupuncture and a variety of positive-thinking approaches.

His appearance at the university is sponsored by the WLU social work faculty, the faculty of arts and science, Waterloo Lutheran Seminary and the Gotthard Booth Society for Holistic Health.

Dr. Shealy's lecture at the Kitchener-Waterloo Hospital is sponsored by the Gotthard Booth Society, the hospital and the hospital's chapel committee. The presentation begins at 9:30 a.m. and ends at noon.

His topic at this concluding lecture will be The Holistic Approach to Health. Dr. Shealy will discuss his approach to holistic health, a state of well-being in which an individual's body, mind, emotions and spirit are in tune with the natural, cosmic and social environment.