

# **The New Haven Branch of the Connecticut Holistic Health Association (CHHA)**

*Presents*

**What does Your Body Know About Color?  
*You'd Be Surprised!***

A lecture by Pat Barry, PhD, APRN

Date: Wednesday, January 7, 2004

Time: 6:30PM

Place: The Program Room at the New Haven Free Public Library  
133 Elm Street, New Haven

**We're all curious about cellular memories and their effects on our bodies. What do we do with cellular memories? Is there a way to safely work with them?**

**Regardless of your background, you will find this information about relieving deeply buried memories helpful in your own self-care. Frozen emotion is at the heart of many physical and mental ailments.**

**Learn surprising new information about how the body translates all emotional memories, both good and bad, into layers of emotions in the body. Each emotion has its own unique color and its own specific physical effects.**

**If you'd like to participate, you'll have an opportunity during this evening program to learn a new tool you can use quickly and easily in seconds to relieve stress and calm your body.**

---

**Dr. Pat Barry, a Yale-trained psychotherapist, created the Color Breathwork Method, a unique form of meditation for her psychoneuroimmunology research on the physical effects of different types of stress. Pat is an advanced practice registered nurse with 20 years' experience as a psychotherapist in West Hartford, CT. She is the author of *Mental Health and Mental Illness* and *Psychosocial Nursing Assessment of the Physically-Ill Patient and Family*. She is a consultant in the Department of Psychiatry at Hartford Hospital.**