FOR IMMEDIATE RELEASE

Moving Beyond Ordinary Wellness: A New Paradigm for Full-Spectrum Living
June 26 & June 27 at Unity

(Charlottesville, VA) — What is wellness? The word “wellness” is used by many people and organizations, especially since the sharp rise in healthcare costs, diabetes and obesity during the past decade. Wellness has a history of being defined within a disease framework, meaning reducing health risks and preventing disease. Those are good goals, but they're based on an outdated vision. A new vision was articulated by a few innovators, including Wellness Inventory creator, John Travis, MD. Dr. Travis is one of the keynote speakers at a two-day event entitled, Moving Beyond Ordinary Wellness: A New Paradigm for Full-Spectrum Living, held at Unity of Charlottesville on Friday, June 26 from 7-9 p.m., and Saturday, June 27 from 10:00-4:30 p.m.

The seminar is sponsored by Hygeia Health Services, UVA Compassionate Care Initiative and Unity of Charlottesville, with support from Rebecca’s Natural food and Maya Restaurant. Joining Dr. Travis are Jim Dykes, MD and Integrative Health Coach, Susanna Williams, PhD and faculty member of the UVA Mindfulness Center, and Rev. Patricia Gulino Lansky, Licensed Clinical Social Worker, therapist and co-minister of Unity.

“The health sciences are becoming more accepting of the possibility that wellness is not just about prevention and healing symptoms,” said Cynthia Moore, director of Hygeia Health Services and one of the event organizers. “We continue to gain a deeper understanding of the efficient flow of energy that is essential for full-spectrum living - and that includes all areas of life, and all aspects of a person’s mind, body, emotions, and spirit.”

Dr. Travis was a resident in preventative medicine at Johns Hopkins and serving in the US Public Health Service when he chose to dedicate his life to "teaching people to be well" rather than to treating patients. Recognized as one of the founders of the modern wellness movement, he opened the first wellness center in the U.S. in 1975, and then authored the Wellness Workbook.

Experts at the Beyond Ordinary Wellness seminar will explore topics such as: The 12 Dimensions of Wellness, The Role of Mindfulness and its Connection to Health and Wellbeing; Ending the Epidemic of Disappearing Dads—The Impact on Public Health; Embracing Life Fully through the End of Life; and Personal Wellbeing Strategies. There will also be experiential breakout sessions. The price for both days is $60 with scholarship possibilities for UVA nursing students. The evening only is $15.

For more information or to register for the event, visit unitycville.org/wellness, or call (434) 978-1062.

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Dr. John Walton “Jack” Travis

John Walton "Jack" Travis (born January 11, 1943) is a physician and author known for his work in the wellness movement. He opened the world’s first wellness center, the Wellness Resource Center, in Mill Valley, California in November, 1975.\[1\] His televised interview with Dan Rather on 60 Minutes in November, 1979, brought the concept of wellness to national attention.\[2\]

Influenced by Halbert L. Dunn, M.D.’s 1961 book, *High-Level Wellness*, Travis founded the Wellness Resource Center in Mill Valley, California, in 1975.\[2][5\] The center sought to move from a medical focus, concentrating on illness, to addressing the overall wellbeing of the individual—encouraging “self-directed approaches” to improving health rather than the traditional focus on treating illness.\[2][6\] This approach emphasized taking responsibility for one’s own wellbeing and took a holistic view of health, encompassing “body, mind, emotions, and spirit.”\[7][8\] Travis has been recognized as one of the first physicians to educate the general public and healthcare professionals on the subject of wellness.\[9\]

Also in 1975, he developed the first wellness assessment, *Wellness Inventory*, which utilized a whole-person model based on the 12 dimensions of his Wellness Energy System, incorporating nutrition, exercise, and the social environment, among other areas.\[10\] Travis first wrote and self-published *Wellness Workbook* in 1977. In collaboration with Regina Ryan, it was then re-published as a trade paperback with Ten Speed Press (1981, 1988). The third edition in 2004 was published by Ten Speed’s Celestial Arts division.

In 1979 Travis closed the Wellness Resource Center and established Wellness Associates, a non-profit educational corporation.\[10\]

Since the 70s, Jack has continued to push the leading edge of wellness, incorporating infant, adult, societal and planetary issues. He has now integrated his work within the concept of “full-spectrum wellness,” where the focus is on interconnections (from conception to death - from inside our skin to the whole planet) that are vital given that the web of connections that humans require for optimal health have been severely compromised by modern civilization. With Meryn Callander he has written *Wellness For Helping Professionals* and *A Change of Heart: The Global Wellness Inventory*, and has also created one of the Web’s most comprehensive collections of wellness writings and resources. In 1979 he established Wellness Associates, a non-profit educational corporation, and since 2008 has served as an adjunct professor at Australia’s Royal Melbourne Institute of Technology (RMIT University) and at the California Institute of Integral Studies.
James Russell Dykes, MD

**Education:**

BA Zoology (Magna cum laude), Duke University, 1973
MD, Duke University School of Medicine, 1980

3. Internship and Residency:

Mountain Area Health Education Foundation Family Practice Residency Program, Asheville, NC, 1980-1983

**Work Experience:**

1983-1985: Roanoke Amaranth Community Health Group, Weldon, NC
1985-1986: Ocracoke Community Health Center, Ocracoke, NC
1986-1987: Durham Urgent Care, Durham, NC
1987-2009: Integrative Health Care, PLLC, Durham, NC
2009-Present: Retired to farm
2011- Duke Integrative Health Coaching Certification

**Memberships:**

North Carolina Academy of Family Practice
American Academy of Family Practice (Fellow)

**Board Certification:**

American Board of Family Medicine 1983

**Teaching Affiliations:**

Community Preceptor for UNC School of Medicine
Community Preceptor for Duke University School of Medicine
Rev. Patricia Gulino Lansky, L.C.S.W.

Rev. Patricia Gulino Lansky received a Masters in Theatre and a Masters in Fine Arts in Acting and is a professional Equity actor. Her interest in transformation and service continued to grow and she received a Master’s Degree in Social Work followed by a 25 year career as a Licensed Clinical Social Worker specializing in families, couples and group work.

After ordination at Unity Institute, Lee’s Summit, MO in 2001, Patricia and her husband Rev. Don Lansky, relocated to Charlottesville, Virginia where they continue to serve as co-ministers at Unity of Charlottesville. In 2003 they led the initiative to raise funds and build a campus that now includes a 250 seat sanctuary, 24/7 meditation center, and a full-scale replica of the Chartres labyrinth. An interfaith mediation garden in being planned to honor the world’s great spiritual traditions.

Patricia and Don are known for their innovative services and dedication to empowering people to be their best selves. Monthly Spiritual Cinema and a free-standing Holistic Healing Center are just a few of the programs offered by their center.

Patricia’s love of acting is re-enlivened as she has co-written a play and is performing the role of Unity’s co-founder, Myrtle Fillmore, at Unity centers and conferences. She is nearing completion of her first book.
Susanna Williams, PhD is Associate Director of the U.Va. Mindfulness Center, where she is a faculty member and teaches several courses. She teaches Mindful Writing which uses contemplative practices to access the rich inner landscape available beyond linear thinking. She also teaches Mindfulness and the Brain which explores the neuroscience behind meditation and wellbeing – class time is divided between learning about the mechanisms within the brain that are impacted by contemplative practice and practicing meditation and mindfulness to actually experience them. A new course called Personal and Social Transformation will guide participants toward their own mindful being as well as explore practical applications of mindfulness within their professional aspirations (health care, education, global development etc.) and/or personal lives. She also teaches mindfulness in multiple academic contexts (such as Mindfulness for Law Students and Mindfulness for Upward Bound Teachers) as well as in corporate settings such as the Brookings Institute and the Federal Executive Institute.

She has a background in health care, and has worked both internationally and domestically in the area of designing and implementing health systems with a focus on full wellbeing, and sees mindfulness as both an entryway and a prerequisite for global development. She has used mindfulness practices in her work with African caregivers, based on the latest neuroscience that marries human connection to human development.

Her current focus is on bringing mindfulness and its applications into higher education (including cross-culturally) as well as researching its impact on students. She has been engaged in spiritual practice for many years and is a certified yoga instructor.

Susanna has presented Innovative Approaches to Teaching Mindfulness in Higher Education at the Annual Scientific Conference of Mindfulness in Healthcare and Society and is engaged with UVA’s Contemplative Pedagogy exploration through the Teachers Resource Center. She is a member of Mindfulness in Higher Education and Mindfulness in Education Network.
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SPONSORING ORGANIZATIONS

Hygeia Health Services and the Hygeia Center

The Hygeia Center is an online self-care resource featuring tools for early intervention to prevent health challenges or promote optimal wellbeing. The Center offers personal assessment, including the Wellness Inventory, learning opportunities for self-health-care, integrative health coaching, and other tools for healthy living—all aimed to help people actualize their abundant, vibrant and healthy life! hygeiacenter.com

Compassionate Care Initiative at the University of Virginia

The purpose of the UVA Compassionate Care Initiative is to cultivate a resilient and compassionate healthcare workforce—locally, regionally, and nationally—through innovative educational and experiential programs. Our vision is to have safe and high functioning healthcare environments with healthy and happy healthcare professionals and where heart and humanness are valued and embodied. To this end, we offer drop-in sessions, retreats and special programs —grounded in mindfulness and other contemplative approaches—for clinicians, faculty, and students to be their best selves in order to more fully connect with patients and colleagues and provide high quality, compassionate care.
compassion.nursing.virginia.edu

Unity of Charlottesville

Unity of Charlottesville is part of a worldwide organization founded as an educational movement by Myrtle and Charles Fillmore in 1889. Unity offers practical, spiritual teachings to empower abundant and meaningful living. We refer to ourselves as "culturally Christian and universally inclusive," recognizing wisdom in all of the world's sacred scriptures and faith traditions, and viewing each person as a unique expression of the divine energy we call God (by many names). Since its inception, Unity has recognized the relationship of mind/body/spirit, particularly in healing and wellness. unitycville.org

SUPPORTERS

Rebecca’s Natural Foods Store

For over 28 years, Rebecca’s has offered the Charlottesville community personalized service in choosing the highest quality natural supplements, body care, specialty food, and organic bulk spices in a fun, comfortable, clean environment. Rebecca’s friendly, knowledgeable staff provides consumers with current and comprehensive information on a wide range of carefully selected merchandise from large, small, and local companies. rebeccasnaturalfood.com

Maya Restaurant

Located in the center of Charlottesville Virginia’s Midtown, MAYA brings back the simple and wonderful flavors of freshly prepared local foods. Serving dinner seven days a week, their “made from scratch” menu is prepared daily in honor of the Old Southern Kitchen. maya-restaurant.com