

Duncaster to Offer Free Seminar by Renowned Author and Inspirational Speaker Dr. Bernie Siegel on May 16

Bloomfield, CT, April 17, 2008 -- Internationally known author and inspirational speaker, Bernie Siegel, M.D. will be present a free public program sponsored by Duncaster Lifecare Community on Friday, May 16. His presentation, "Conscious Living and the Art of Healing", will be held from 2:00 to 4:00 00 in Duncaster's Meeting Room, 40 Loeffler Road, Bloomfield.

The afternoon will feature Bernie's trademark humor and insight that will guide participants toward a self-healing and inspired life.

For almost two decades, Bernie has been familiar to both mainstream and professional medical audiences as one of the most persuasive advocates of complementary and alternative medicine--particularly mind-body healing. His work on patient empowerment, the role of laughter in healing and the choice to live fully has touched millions around the globe. In 1978 he originated [Exceptional Cancer Patients \(ECaP\)](#), which uses patients' drawings, dreams, images and feelings to encourage healing. ECaP is based on "carefrontation," a safe, loving therapeutic confrontation, which facilitates personal lifestyle changes, personal empowerment and healing of the individual's life. He published his first book, [Love, Medicine & Miracles](#) in 1986. It has sold more than two million copies and went to No. 1 on the *New York Times* best seller list. Since then, he has published eight other books for adults and children about the power love and laughter. His latest book is [Love, Magic and Mudpies](#), offers prescriptions for parenting.

"We asked Bernie to do this presentation for this community because his emphasis on living life to its fullest is what we're all about at Duncaster," says Duncaster's President and CEO, Michael O'Brien. "He reminds us to live with joy and humor."

The program is free, but reservations are required by May 12 due to limited seating. Valet parking, tours of Duncaster and refreshments will be available. For reservations and information, call Fran at Duncaster, (860) 380-5006.

About Duncaster

Duncaster is Bloomfield's signature life care retirement community. This campus of 190 independent residences, assisted living and Duncaster's Caleb Hitchcock Health Center is designed to help residents live fully. The community includes an aquatic and fitness center and an on-site health clinic. Residents can participate in ongoing education, social and cultural programs. For more information, see www.duncaster.org or call (860) 380-5005.