



# Catholic Professionals of Illinois

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## COMING EVENTS

Saturday, February 17th | 7:00pm  
*“Developing a Healthy Christian Mindset for Success and Handling Adversity”*  
with Dr. Ken Torrens  
St. Isaac Jogues Catholic Church

Saturday, March 24th | 8am-Noon  
Lenten Retreat  
with Fr. Bruce Wren &  
Dr. Lisa Fortini-Campbell  
St. James at Sag Bridge  
10600 S. Archer Ave, Lemont

Saturday, April 21st | 7:00pm  
with Dr. John R. Wood  
Author of *“Ordinary Lives, Extraordinary Mission: 5 Steps to Winning the War Within”*  
St. Isaac Jogues Catholic Church

Saturday, May 5th | 7:00pm  
*“Reflections on Pope Francis’ Evangelii Gaudium and Stories from Haiti”*  
with Fr. Michael Mitchell  
St. Isaac Jogues Catholic Church

### **“Developing a Healthy Christian Mindset for Success and Handling Adversity”**

**with Dr. Ken Torrens**

**Saturday, February 17th at 7:00 PM**

**St. Isaac Jogues Catholic Church, 306 W. 4th Street, Hinsdale, IL**

Legendary Life, LTD is the fulfillment of the passion, principles and purpose of Dr. Ken Torrens. A practicing chiropractor since graduating from the National College of Chiropractic in 1991, he has a diverse background of study and clinical skills to assist others in their journey toward full wellness. As an undergraduate student he majored in both psychology and philosophy, graduating from Hofstra University in 1985 with a Bachelor of Arts degree. While obtaining his pre-med studies in 1986-87, he also attended the prestigious Swedish Institute of Massage. As a master therapist, he developed protocols and taught soft tissue therapy in an extra-curricular format for three years to chiropractic students at National. He also completed the elective degree in acupuncture and received a special internship in orthopedics focusing on shoulder conditions, prior to graduating from National.



Dr. Torrens was a competing wrestler from age 9 to 21, winning individual and team championships, and has been practicing hatha yoga since the age of 10. This background became the foundation for developing various forms of movement therapy to help balance and re-educate the neuromuscular systems. This very unique work not only speeds healing of typical structural problems, but also strongly enhances the performance of both casual and professional athletes.

Dr. Torrens routinely completes more than 50 hours of continuing study each year in the field of nutritional medicine with particular focus on inflammation, digestion, toxicity, weight management, foundational nutrients, and sports and healthy aging protocols. He speaks on a variety of topics with a motivational style and energy which appeals to civic groups and businesses. In 2015, he published his book, “In His Time We Walk, Not Our Own.”

*“Let Christians follow the example of Christ who worked as a craftsman; let them be proud of the opportunity to carry out their earthly activity in such a way as to integrate human, domestic, professional, scientific and technical enterprises with religious values, under whose supreme direction all things are ordered to the glory of God.” - Second Vatican Council*