

# INTERACTIVE, VIRTUAL WORKSHOPS

tailored to your specific needs & requests.

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My individualized workshops explore how certain therapeutic, sensory, and creative techniques may help promote wellness and quality of life for older adults, individuals living with dementia, and their care partners. I would love the opportunity to help support the “dance” in your partnerships.



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## Connect & EngAge!

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### Workshops to include

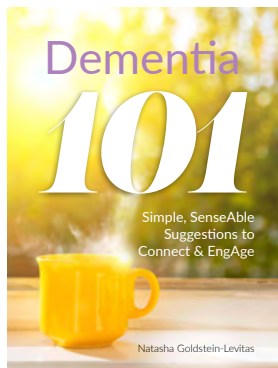
- Exploration of sensory items and practical techniques that may help decrease stressful interactions and improve overall connection
- Review of various therapeutic concepts from my self-published book, [\*Dementia 101- Simple, SenseAble Suggestions to Connect and EngAge\*](#), to help reinforce the SenseAble approaches we will explore together
- Engagement in stress-relieving, therapeutic care practices that participants may incorporate in their daily routines

## About Natasha

Natasha is a Board Certified Dance/Movement Therapist specializing in Aging and Dementia Care. She has two decades of experience working with older adults, individuals living with dementia, and their care partners, across various cultures and socio-economic backgrounds.

Natasha feels strongly that regular therapeutic engagement, the creative arts, and a welcoming, sensory-inviting setting are key components to wellness. She is committed to helping to promote healthier aging and overall quality of life for older adults, individuals living with dementia, and their care partners, using a person-centered, movement, and sensory hybrid approach.

Natasha is a published author on topics related to her work. Her professional history includes: healthcare administration, therapeutic program development, care partner training, Dance/movement therapy (DMT) clinical supervision, aging and dementia workshops, and regular DMT and therapeutic engagement sessions.



## DEMENTIA 101

### Simple, SenseAble Suggestions to Connect and EngAge

This practical and user-friendly book invites creativity, togetherness, and moments of pleasure into the dementia- care partner relationship! 101 simple, sensory-based and creative suggestions are offered using a conversational style to help inspire meaningful connection, engagement, and resiliency. Care partners (whether new to this role or not) are encouraged to mix and match these suggestions, create their own, and revisit what works best within their unique partnership, either at home or within their communities. A SenseAble dementia care companion.