

As we continue to navigate through these difficult and historic times, we are looking for ways to connect and find balance. Although we may be physically at a distance, I am offering some **virtual sessions and programs** to continue to help facilitate connection and engagement for participants, residents, and care partners at all levels of ability.

Tailored virtual sessions & programs

To help EngAge and connect, to increase coping skills and well-being, and to promote healthier aging. Examples include (but are not limited to):

Care partner & staff training, support, & advisement

(1-4 hours for each session)

- SenseAble therapeutic techniques and strategies
 - Stress relieving, therapeutic care practices (for clients, loved ones, and care partners)
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Therapeutic movement

(½ - 1 hour for each session)

May be seat-based and include nostalgic, culturally sensitive music

- Individual sessions may be offered as well, depending upon specific needs and requests
- Standard hourly rates will apply

I would love the opportunity to connect with you and discuss what might be most beneficial for you and your communities!
