

As we continue to navigate changes, we look for ways to connect and find balance. My sessions and programs are designed to help facilitate connection and engagement, and are offered virtually and in-person.

Tailored 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)

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!
