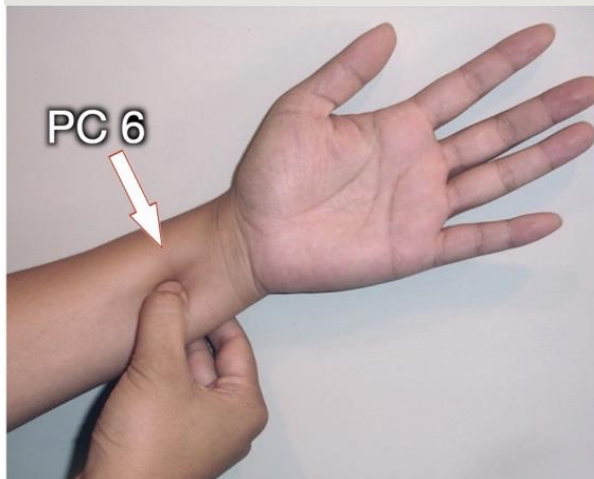


A Mind-Body Wellness Program for Ayres Residential Care Home Staff

- Did you know the rate of stress and burnout among healthcare workers is about twice that of other professions?
- Did you know that stress carries serious health risks, hijacks your attention, and keeps you from performing at and feeling your best?



- Ever hear the word 'neuroplasticity'? It means we **all** can rewire our brains and change our behavior, no matter our age or circumstance.
- With practice, you can calm your mind, focus your attention, have more energy, resilience, and a better quality of life!!

Learn “the secret to unlocking the stress cycle” and three simple, bite-sized, easy-to-do self-care practices: Self-Acupressure, Qigong, and Mindfulness-Meditation.



About me: With this program/ practicum I complete my Masters in Health Promotion from Maryland University of Integrative Health.

My goal is to educate, support, and empower you to reduce your stress and improve your overall health and well-being through evidence-based integrative health practices.

–Ellen Rudolph

Join Us Each Week in June & July in the Living Room of Each Residence

- **Self-Acupressure for Stress** – 4 minutes, 2x/day
- **Qigong with Lee Holden** – 10 min. morning and/or afternoon practice
- **Mindfulness-Meditation** – 3 mins., increasing to 12 mins, 5 days/week



Caring for Those Who Care For Us: Creating a Culture of Enduring Trust Dedicated to Health and Wellness