



The Senior Health & Wellness Center

Collaborative Lecture Series

EMOTIONAL RESILIENCE FOR THE HEALTH CARE PROFESSIONAL

PRESENTERS: KELSEY LOUSHIN, BA, LICDC, & JEANNETTE B. HUMMEL, MA, CCC-SLP, RYT-500

Thursday, December 9 2010

8:30am to 12noon

The Senior Health & Wellness Center, Room T-60
4229 Pearl Road, Cleveland, OH 44109

Resiliency techniques to improve patient care experiences, plus how to integrate techniques and practices of WHOGA into daily programming for residents, clients and participants in a continuum of health care arena.

OBJECTIVES

Participants will:

- Define and identify causes and manifestations of stress
- Define resilience
- Define principals of change and its role for improving patient engagement
- Identify stress management techniques to use in patient care settings
- Receive a detailed overview of three essential WHOGA (wheelchair yoga) postures, movement and techniques to use with residents, clients and patients.

SCHEDULE

8:30 a.m.	Registration & continental breakfast
9:00 a.m.	Program, Part A
11:00 a.m.	Short Break
11:10 a.m.	Program, Part B
12:10 p.m.	Wrap-Up

For more information, call 216.957.2355 or 216.373.1686

**Register online at www.benrose.org
or call the Reservation Line at 216.957.3838**

Registration is \$15. Checks payable to Benjamin Rose Institute on Aging

RSVP by December 2, 2010

PROFESSIONAL CREDIT AVAILABLE

The Benjamin Rose Institute on Aging, an approved provider, designates this activity as meeting the criteria for 3 (three) contact hours to satisfy license renewal continuing education requirements for social workers (RSX058195) and nurses. Benjamin Rose has applied for three contact hours for counselors.

Sponsored by The MetroHealth System, the Benjamin Rose Institute on Aging, McGregor PACE, and the Visiting Nurse Association of Ohio.