

You're Invited To...

Our Holiday Gift to You!

Self-Care for Social Workers & Nurses

Daily Strategies to Reduce Your Stress & Improve Your Well-Being

A FREE CEU Presentation &
Lunch Sponsored by



Sunflower Communities

Choice Living Close To Home



This event is part of our monthly

2018 SENIOR CARE INSIGHTS
CONTINUING EDUCATION SERIES

www.sunflowercommunities.org

Social Workers & Nurses - Earn 1 HOUR FREE CEU Credit!

According to a recent CareerBuilder survey, 69% of Social Workers and Nurses reported they felt stressed in their current jobs with 17% describing themselves as “Highly Stressed”. Clearly, professionals in these positions feel the sting of growing caseloads, high-pressure scenarios, and sometimes life or death decisions. But what can social workers and nurses do to reduce these levels of stress while improving their overall mental and physical health? Emerging research now supports the fact that a holistic-based approach to self-care and wellness can make all the difference for healthcare workers in stressful positions. In this interactive and practical session, participants will learn:

- How to Integrate Self-Care Practices into Each Day to help you bring your body back into natural balance and allow your mind to fully relax.
- New Methods to Reduce Stress while improving your quality of life.
- Strategies for Facing Traumatic Events that arise in your work life.

Thurs., Dec. 13

11:30am – 1:00pm

Courtyard by Marriott

Mankato

901 Raintree Rd.

Mankato, MN 56001

Lunch Included!

About the Presenter...



Roxann Keyes, CMT, Therapeutic Massage Therapist & Owner, Center for Life Design, LLC

Roxann Keyes has been a Certified Massage Therapist since 2003, working in both clinic and private practice settings. As a social worker for many years, facing many traumatic issues, she understands the connection that the mind and body have with each other. Trained in the Hakomi Method of Somatic Mindfulness and Body Centered Psychotherapy, Roxann deeply understands how to help people address everyday stress and other traumas. She is also a Certified Trauma Touch Therapist and an Ontological Life coach, adding to her expertise and versatility when working clients. In addition to her wellness training, she also holds a MBA from Cardinal Stritch University and a BA in Psychology from St. Cloud State University.

Register by Tuesday, Dec. 11 – Online at: sunflowercommunities.org/CEU