

SELF-CARE FOR SENIORS

Enhancing Health & Wellness

A 'Hands-On' Class



Self-Care techniques can be deeply restorative, energizing and fun to learn!

This comprehensive 'hands-on' one-hour workshop will give you a toolbox full of techniques & time-honored methods of self-care. When practiced regularly, these methods are guaranteed to facilitate a deep relaxation response within minutes!

Methods & Techniques derived from:

Qi GONG - Gentle 'chi-enhancing' exercises used for centuries in China to maintain health & wellness.

STRETCHING FOR COMMON COMPLAINTS

DEEP BREATHING & QUIET SITTING -

Easy meditation techniques

SELF-ACUPRESSURE & SELF-MASSAGE

Learn some of the 'Potent Points' of Acupressure & their locations.
Self-massage to release 'trigger points' in sore muscles.

AND.....Receive a free neck and shoulder massage!

About the Facilitator: Cait McWhir

Cait is a certified senior care massage therapist and has been working with seniors for many years. She has taught self-care classes to seniors and caregivers throughout the Bay Area. She is a founding member of Soul2Soul-seniors.com, a group of senior care providers offering unique resources to seniors in the Bay Area. Cait has also been a practitioner of yoga, meditation and holistic self-care methods for over 30 years. To learn more about Cait's work, go to www.soul2soul-seniors.com and click on 'senior massage'.