

# Would senior-specific mindfulness strategies benefit your practice?



## Research-Backed Mindfulness for Seniors:

- Studies shows many benefits for the senior population.
- Mindfulness is being adopted by many senior programs.

## Key Offerings for Your Practice:

- A senior-specific mindfulness program
- Professional consultations to help you explore the options
- CEU opportunities (*Pursuing Approval*)

**Our program, 'Mindfulness for Seniors,' offers an adaptable, senior-focused approach, bypassing the more rigorous and prescriptive traditional mindfulness methods.**

Designed for individuals aged 55-75, our program was created by a 50+ year mindfulness practitioner, designed to help seniors meet life's joys and sorrows, and help participants work with bodily discomfort, emotional challenges, grief, loss, and more.

Complementary to professional medical and therapeutic care, our techniques offer strategies to enrich your clients' lives while also allowing you to expand your practice offerings.

**Mindfulness for Seniors**

[mindfulness4seniors.com](http://mindfulness4seniors.com)

## **Introduction:**

With 50+ years of mindfulness practice, coupled with my experience as a 911 Paramedic, Supervisor, and Field Training Officer, I bring a unique perspective to senior care. My own journey with mindfulness and overcoming life-altering accidents allows me to offer practical, accessible techniques, free from jargon, to help seniors navigate life's joys and sorrows, and explore a path to 'natural joy.'

## **Program Highlights:**

Our program, 'Mindfulness for Seniors,' offers practical, adaptable mindfulness techniques designed for individuals aged 55-75. We move beyond traditional, rigorous methods, focusing on simple, accessible tools that integrate seamlessly into daily life. Our approach addresses the unique challenges and joys of aging, offering strategies for stress reduction, emotional regulation, and enhanced well-being. We provide actionable insights and exercises, presented as 'Life Tools,' that require no lifestyle changes or enforced meditation. Whether navigating physical limitations, emotional challenges, or simply seeking to savor life's moments, our program offers a flexible approach that is designed to support and enrich the lives of all participants.

# **Mindfulness for Seniors**

*Created with Care to Support the Senior Mindfulness Journey*

## **Our approach is designed to address the most common senior-specific mindfulness resistance points by:**

- Offering a simple and adaptable approach.
- Presenting an adaptable system to accommodate senior challenges
- Emphasis on an as-needed, on-demand, as-enjoyed strategy
- Making meditation optional
- Flexiible online offerings

## **Meeting life's challenges with:**

- Exercises for emotional upset
- Techniques for pain and discomfort
- Strategies for grief, loss, and more

## **Collaboration Opportunity:**

Offer your senior clients adaptable mindfulness solutions. Partner with us for pre-packaged programs or tailored collaborations. Our approach emphasizes ease, flexibility, and tangible benefits: stress reduction, improved sleep, enhanced cognition, and pain management.

Expand your services with our resources, training, and CEU opportunities, all designed to improve senior well-being.

## **Want to learn more?**

## **Contact Us to Connect!**

[mindfulness4seniors.com](http://mindfulness4seniors.com)

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