

# Mind-Body Strategies For Older Adults

Free Series Include One (1) 1-Hour workshop and Five (5) 30-Minute Sessions

Wed, Jan 10, 2024 @ 8:30-9:30am (In-Person)

Wed, Jan 24 9:45-10:15am (In-Person or via Zoom)

Wed, Feb 14 & Feb 28 9:45-10:15am (In-Person or via Zoom)

Wed, Mar 13 & Mar 27 9:45-10:15am (In-Person or via Zoom)

## In-Person Sessions at Willkommen Memorial Pavilion

21 Main Street E, Norwood Young America

Join Zoom Meeting: <https://us02web.zoom.us/j/84631345344> Meeting ID: 846 3134 5344



**Chrissy Mignogna**, BA, E-RYT is lead trainer and director of education for **movemindfully®**. She is a frequent presenter (both locally and nationally), training thousands of educators, parents, counselors, and therapists to use **movemindfully** simple trauma-responsive mind-body practices in educational and therapeutic settings. Chrissy currently teaches in Dakota County Juvenile Services and in early education, elementary, middle, and high schools. She provides trauma-responsive mind-body practices for the child/adolescent, adult, and geriatric mental health units at M Health Fairview Masonic Children's Hospital and United Hospital. In addition to training and teaching, Chrissy leads inclusive community-based yoga classes for adults and seniors.

Join Chrissy Mignogna, MoveMindfully Lead Trainer and Director of Education, to experience simple and accessible mind-body practices to relieve stress, manage anxiety, improve balance, and promote physical, mental, and emotional well-being.

**Light refreshments served. No RSVP's necessary.**

Series hosted by the NYA Senior Advisory Commission and financially supported by Carver County Public Health and SHIP.

Any questions, please email [khallquist@cityofnya.com](mailto:khallquist@cityofnya.com) or call 952-467-1810.



# Norwood Young America Senior Advisory Presents.... movemindfully Fundamentals Mind-Body Strategies for Elders

Series include One (1) 1-Hour workshop and Five (5) 30-Minute Sessions

## WORKSHOP

Learn simple mind-body strategies to help balance energy levels, improve brain function, and support overall well-being.

These practices are intended to manage stress, anxiety, improve mood, and enhance sleep while helping us feel more present and connected.

Using the movemindfully Elder Card Deck, explore simple Breathe Move Rest strategies for yourself, your families, and friends!



## IMPACT

- ▶ Participants will feel competent implementing simple mindfulness and movement practices in their daily lives.
- ▶ Participants will feel confident sharing **Breathe Move Rest** practices with others.

## OBJECTIVES

- ▶ Understand how the brain and nervous system react to stress, distress, and trauma and how simple mind-body practices can ease stress and improve brain function.
- ▶ Experience how simple breathing practices for calming and focus can decrease stress/anxiety, improve mood, and help individuals feel more present and connected.
- ▶ Discover how to incorporate accessible movement practices to support physical and mental health.
- ▶ Identify easy-to-use relaxation strategies to manage energy levels and improve sleep.
- ▶ Develop simple mind-body toolkit for your own self-regulation and stress management.



## PROGRAM OPTIONS

### INTRODUCTION WORKSHOP

This workshop provides common language and essential tools/strategies for participants to confidently integrate **Breathe Move Rest** practices into their unique environments.

### STRESS MANAGEMENT/SELF-CARE CLASS

#### 30-minute sessions

Participants experience simple and accessible mind-body practices to relieve stress, manage anxiety, improve balance, and promote physical, mental, and emotional well-being.

