

# Your Better Balance

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**Focus. Mindfulness. Work-Life. Stress-Reduction**

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**Lunch & Learn Opportunities:** Mix & match the subjects and length of classes you and your team prefer. Let's collaborate to find the perfect programming for your site, from 20 minute lunch break sessions to 90 minute workshop series. Downloadable telecourses, personalized consultations, and hands on healing treatments also available.

## **Brain Ex: Meditation and Mindfulness exercises {Downloadable}**

Let your mind support you with simple mindfulness exercises and guided meditations including:

Being Present; Letting Go of Stress; Insert Fun Here; Recharge Your Power Center; Spark Your Creativity; Reframe Challenges; Connect to Your Heart; Open Your Communication Channels; Recharge Self-Confidence; Delight Your Spirit; Make Space to Manifest New Things.

## **Body Ex: Easy physical exercises you can do at your desk {Downloadable}**

Let your body support your mind. Learn the best movements for your body type to help you feel more physically comfortable throughout the day.

## **Breath Ex: Breathing exercises to reduce stress and reinvigorate {Downloadable}**

Let your breath support your body and mind. Changing your breathing can help boost your mood and energy or calm your mind and body.

brought to you by Monica Kowalski of Chicago Corporate Meditation

[www.MoonPlace.Center](http://www.MoonPlace.Center)

## **Caregiver Stress Management**

Learn how to sustain your role as a caregiver and maintain a positive relationship with your loved one. Prevent burnout, create space for YOU in your life, and maintain emotional and physical health.

## **Dementia and Alzheimer's Wellness - The Basics**

Learn about the types of dementia, causes, signs and courses of action. This is an introductory class and will also touch on the stages of Alzheimer's. Understand the changes in people diagnosed with dementia or Alzheimer's to provide the best care possible..

## **Transition Planning For a Loved One**

Explore the options available when a loved one can no longer care for themselves. Making the decision to move can be fraught with tension and it can be hard to know if you are making the 'right choice'. Whether it is time to move to a Memory Care Unit, Assisted Living, Skilled Nursing Facility, or to bring care into the home, we will walk you through pricing structures, services offered and how to make those critical decisions.

brought to you by Jacqueline Boyd of The Care Plan

[www.the-care-plan.com](http://www.the-care-plan.com)

## **Family Stress Management Series**

Tap into peace and ease throughout the day, create space for everyone in the household to get what they need and communicate more effectively so life is freer from unnecessary drama. Arrive at home each night with a new idea to share to build connection, increase listening, and promote teamwork.

## **Low Back Pain Management Series**

Standing still exercises, breath practices, meditation, and gentle stretching that all works together to reduce pain sensations. Easy tips tricks to outsmart pain and gain an awareness to create gradual change.

## **New Parent Class Series**

New Mom/Dad Tips for Pre, During, & Post Maternity/Paternity Leave, including baby sleep routine help, infant massage instruction, and potty training help. Help prevent issues in the future by develop positive potential early. The littlest steps made now can help create more peace and calm later on.

brought to you by Joy Culver of Joyful Bliss Ltd.

[www.JoyfulBliss.net](http://www.JoyfulBliss.net)