

2015 Fall CEU Series At Sunrise of Arlington



Sunrise of Arlington

Please join us along with Guest Lecturer Pamela Katz Ressler, RN, MS, HN-BC. She is the founder of Stress Resources. Learn about alternatives to medical approaches for pain management and life resiliency.

"More Than A Pill" Pain Management

September 3, 2015 | 8:00 am- 9:00 am

During this workshop participants will become familiar with various methods of integrative pain management and discuss benefits and challenges to incorporate these tools into health care. (Continental Breakfast at 7:30 am)

Therapeutic Humor: Humor in Healthcare

October 8, 2015 | 8:00 am-9:00 am

Participants will be encouraged to explore the benefits of humor and laughter on the body, mind, and spirit and discuss ideas for incorporating humor into a healing environment. (Continental Breakfast at 7:30 am)

Mind Full or Mindful?: Mindfulness in Healthcare

November 5, 2015 | 8:00 am- 9:00 am

Please join us! Recent research has been conducted on "mindfulness" and its benefits for health, wellbeing, concentration and creativity. (Continental Breakfast at 7:30 am)

A question and answer session will follow each presentation and light refreshments will be served. Community tours will also be available.

**Call 781-643-2100 today to RSVP. Free
Parking.**

Sunrise of Arlington

1395 Massachusetts Ave, Arlington, MA 02476 | 781-643-2100
peter.bruce@sunriseseniorliving.com | SunriseArlingtonMA.com

