

*Alden's Journey Into Healing Mind, Body, Spirit & Community*

# JOURNEY INTO HEALING WITH THE PILLARS OF WELLNESS

*With Author Mary Beth Janssen, MindBody Expert with the Chopra Center*

In Alden's inaugural wellness presentation, the Inspired Wellness Group shares the importance of the Pillars of Wellness. These "pillars" address evidence-based lifestyle choices and practices that help manage stress, enhance mindfulness, nurture relationships, while amplifying mental, emotional, physical and spiritual well-being. Wellness is an active process of living a fully engaged life at every level of our being. It involves awakening to who we really are to make the most life affirming choices and fully engage the healing process.

These pillars put wellness in your hands. Self care is holistic, preventative health care, at its best. Join us on this healing journey – to achieve mind-body balance, to thrive, and to live your most purposeful, joyful, best life ever.

**Please Note:** Alden team members, including newly hired employees may use QR code to [myaldenhr.com](http://myaldenhr.com).

Residents and patients may view on Alden's Channel 4 (where available)



*\*Time allotment for presentation should be 20+ minutes.*

**Your Presenter:** Mary Beth Janssen, CAyur, RYT-500, CMT – Mary Beth is Chief Wellness Officer for The Inspired Wellness Group (a division of CPT Rehab), and Mind-Body Health Specialist for the Chopra Center for Well-Being – personally trained by Deepak Chopra MD, and partner David Simon MD. She's an award-winning educator, journalist and author - including her most recent book: *The Book of Self Care: Remedies for Healing Mind, Body, and Soul*. She teaches highly experiential wellness workshops and seminars in spa, medical, corporate and higher learning settings.

*"Mary Beth's insight into integrating wellness into your life is unique and refreshing, and her nurturing rituals and practices will help you rejuvenate your mind, body, and soul."*

*~Deepak Chopra, M.D.*



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