

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

STRESS LESS

GIVE YOUR STRESS WINGS AND LET IT FLY

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

Think you have a handle on the stress in your life? You'll never look at stress the same way after this empowering session. The World Health Organization (WHO), along with the National Institute of Health (NIH) have said that stress is now a worldwide epidemic and it can be a killer when poorly managed. Statistics claim that 85-90% of doctor's visits are attributable to stress. Engagement in the pillars of wellness are integral to managing stress. We'll cover several practices in this session that stabilize and balance your nervous system including mindfulness meditation, healing breathwork, emotional regulation and more.

Learn How:

- Stress can be toxic and at the root of a variety of chronic and debilitating diseases.
- To powerfully diffuse stress physically, mentally, emotionally and environmentally.
- Mindfulness via Meditation can help you manage stress and tap into your unlimited potential, allowing you to become the best that you can be. It can bring greater clarity to everything you do, helping you to respond positively instead of reacting mindlessly.

Join us in this life-transforming session!

Please Note: Alden team members, including newly hired employees may use QR code to myaldenhr.com.

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



***Time allotment for presentation is 1 hour.**

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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