



Managed
by



MIDDAY MADNESS MEDITATION

Healthcare workers rarely take time for themselves. We invite you to take 15 minutes for yourself!

Presented by Michael McGregor, Director of the 15 for Me® Program at Mansbach Health Tools. Michael is passionate about working with organizations, employees and individuals and supporting them with a whole-person approach to wellness. In his role as a health coach, Michael supports individuals in using their own expertise in their life to drive their personal motivation for health behavior change.

Are you feeling overwhelmed, stressed, or burned out? If so, you're not alone. Healthcare workers are more stressed, anxious, and depressed than they have been in decades. Would you like to learn centered breathing activities to promote relaxation, boost mood and lower stress? The techniques you'll learn are designed for everyone, including absolute beginners. We'll facilitate a guided meditation that you can do seated, but you may wish to be somewhere where you can lie down.

Benefits of 15 for Me®:

- Designed to improve mood and lower stress
- Takes only a few minutes a day
- Use at home or on the go, with minimal breaks in your daily routine
- Designed to improve your health and well-being and make you feel better about yourself
- Validated by science with proven results

Virtually Hosted by Olney Assisted Living: 16940 Georgia Ave., Olney, MD 20832
Check out our other nearby communities, Artis Senior Living of Potomac in Bethesda, MD, and Great Falls Assisted Living in Herndon, VA.



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15 For Me.®



counterpoint Health Services

Co-Sponsored by Olney Assisted Living,
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15 For Me

Join us for this **FREE** Professional Webinar

Tuesday, September 27th
1:30 p.m.

To Register

240-389-5168

TheArtisWay.com/OlneyProfessionals

Please Register by Monday, September 26th

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Care™**

