



WEL Seminar - Evolution vs. Aging A Inclusive Whole-Person Wellness Program for Elders



Who would benefit from attending?

*Wellness Directors
Recreation and Activity Professionals,
Social Workers, Ombudsmen,
Spiritual Counselors,
Assisted Living Administrators,
Dining Services Directors,
Directors of Volunteer Services,
Resident Services Directors,
Case Managers,
Nursing Home Administrators,
Continuing Care Retirement Community
Administrators and
Elders Members of Resident Councils*

Instructor Kathy J. Ward

*Co-Founder of WEL, World Elder Land,
Therapeutic Recreation Consultant,
Activities Director P Certified,
National Assisted Living Administrator
Certified,
Dementia Care Specialist Certified,
Author of Wellness For A Better Quality
of Life series:*

- ✓ **A Happy, Inclusive and Meaningful Recreation Program**
 - ✓ **Journal For A Better Quality of Life**
 - ✓ **How To Plan An Implement An Inclusive Dementia - Alzheimer's Program**
- more than 10 years planning and delivering activities and therapeutic recreation programs for elders*

WEL, WORLD ELDER LAND™
WELLNESS FOR A BETTER
QUALITY OF LIFE FOR ELDERS

ERT, ELDER RECREATION THERAPY

A MEANINGFUL, FUN AND INCLUSIVE LIFE STYLE FOR ELDERS

Program Summary

- ✓ Human **Evolution vs. Aging**
- ✓ Listening to our elders
- ✓ What is wellness?
- ✓ A wellness program vs. Recreation and Leisure
- ✓ The dimension of total wellness: The Body, Mind and Spirit traveling together
- ✓ Facilitating the evolution of our bodies, minds and spirits
- ✓ The Golden Wheel
- ✓ An inclusive and **meaningful person-center wellness program** in institutional settings for elders
- ✓ Planning and implementing **Physical Wellness** programs
- ✓ Planning and facilitating **Social Inclusion and Creativity**
- ✓ **Emotional Wellness** and Our Older Adults
- ✓ A **Healing Environment** - Our Extended Body
- ✓ **Intellectual and Vocational** Aspects of Wellness
- ✓ Promoting **Community Integration**
- ✓ **Spirituality, Religion** and Our Elders
- ✓ It takes a COMMUNITY to better a COMMUNITY
- ✓ How to utilize community resources to nurture and develop a wellness program in our communities

What really matters?

HOW TO REGISTER?

Evolution vs. Aging



Training For Caregivers,
Wellness Directors,
Recreation and Activity Directors
Spiritual Counselors, Assisted
Living Administrators, Case
Managers, Nursing Staff,
Resident Services Directors and
Nursing Home Administrators



Cost: \$120 per person

Tuesday, December 13

Time: 9:00 a. m.-12:15 p. m.

This program has been submitted for 4 CEUs to the National Certification Council For Activity Professionals

Mail the registration form and check to:

Kathy Jorge-Ward
4450 S Park Ave
#1115

Chevy Chase MD 20815

connection@kathyjward.com

www.kathyjward.com/blog

www.elderrecreationtherapy.com

240-393-5456

FOTO OF A PREVIOUS TRAINING



REGISTRATION FORM

**WEL, WORLD ELDERLAND
ERT, ELDER RECREATION THERAPY**

NAME: _____

WORK ADDRESS: _____

WORK TITLE: _____

TELEPHONE: _____ E-MAIL: _____

METHOD OF PAYMENT: CHECK ONLY _____

OF PEOPLE REGISTERING _____

(Please register by December 9th)

Your registration will be confirmed by e-mail.

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LOCATION OF THE TRAINING:

FRIENDSHIP HEIGHTS VILLAGE CENTER

CLASSROOM "A"

4433 SOUTH PARK AVE, CHEVY CHASE MD 20815

4 BLOCKS AWAY FROM THE FRIENDSHIP HEIGHTS
METRO STATION

REGISTRATION INCLUDES

TRAINING, HANDOUTS,

CONTINENTAL BREAKFAST,

WORKBOOK,

PERSON-CENTERED WELLNESS ASSESSMENT

CERTIFICATE AND LIST OF RESOURCES

IF YOU HAVE ANY QUESTIONS PLEASE CALL 240-393-5456

OR SEND AN E-MAIL TO: connection@kathyjward.com