



SENIOR HEALTH AND WELLNESS
Group

Senior Health and Wellness Group Education Rate Sheet



Key Note Talks: 15-30-min \$250

1. What is Optimal Wellness? The Physical and Mental Health Connection
2. Fall Prevention BEFORE You Fall!
3. Make Time For Your Health OR Make Time For Your Illness
4. Creating a Collaborative Vested Culture in Senior Communities
5. How to Reduce Caregiver Burnout
6. Custom Topics Available

Group Training: 30-60 min \$350

1. Fall Prevention and Management Program in Assisted Living and SNF
2. Cognition Management Program for Senior Communities
3. Holistic Approaches to Optimal Health over 50
4. Dual Task Training in Home Health
5. Therapy Documentation: Show Your Skill
6. Address The Stress!
7. Restore Your Sleep!

Lunch and Learn: 20-30 min. \$150

1. Caregiver Burnout
2. Behaviors in Patients with Cognitive Impairment
3. Understanding and Resolving Grief
4. Understanding Alzheimer's Disease
5. How to Prevent Falls in Your Environment

Alzheimer's Disease and Dementia Care Seminar **\$199 per person(group discount available)**

7 hrs NCCDP course pre-requisite for CDP
Certified Dementia Practitioner- manual included)
8 Nursing and Therapy CEUS

Book your dates!

CALL 614-403-3546

or email

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Doctor of Physical Therapy

Certified Fall Prevention Specialist

Certified Alzheimer's Disease and

Dementia Care Trainer

26 year Healthcare Executive



www.seniorhealthandwellness.org

