



## Speakers Bureau

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**“Art As Wellness”** This presentation includes a hands-on activity for participants as well as background on how art can be used to promote personal wellness.

**“Positive Ways to Manage Stress”** This presentation includes exercises and skill building that can be used by participants in daily life.

**“What is Wellness?”** A commonly heard buzzword, “Wellness” is broken down and explained with the use of William Hettler’s ‘Wellness Wheel’ and John Travis’ paradigm of illness and wellness.

**“What is Wellness? II”** A more in depth look at personal wellness, includes reference materials and group and individual activities.

### **“The Senior Tsunami – The Rising Tide of Need and The Ebb of Lowering Resources**

We will walk you through the changing demographics and available services across the nation and here in New Mexico. This presentation includes strategies on how to deal with this shift and ways government, agencies, communities and individuals can promote healthy aging.

### **“Mobile Wellness - The Importance of Community and Community Building”**

This presentation further outlines strategies, success stories and tips for individual and grassroots action to address the needs of aging communities.

### **“EnhanceFitness”**

Learn more about this exciting evidence-based fitness program for older adults of all levels.

### **“Strength, Balance and Safety – Exercise at Your Level”**

Get the chance to try some safe and all ability friendly exercises with an overview of concerns for elder exercisers and fall prevention measures.

**“Health Topics” with our Nurse Case Manager** Our Registered Nurse can speak on the topic of your choice including: medication management, diabetes, heart health, and others; mini blood-pressure clinic upon request.

**“Community Resources”** A JFS Case Manager will present on the various agencies and other resources available to Seniors in Albuquerque and Rio Rancho with particular attention to home care, nutrition assistance, and low cost services.

**Additional presentations available. We can tailor any presentation for your group.**

**Call Terri Tobey or Carrie Hamilton, (505) 291-1818 for pricing and information.**

JFS New Mexico professionals have delivered vital human services to the community for 25 years. We are a nationally recognized, non-profit, non-sectarian agency, and we offer our services to anyone in need. This year alone we have helped thousands of Seniors Age In Place and stay Well [JFS Annual Report 2010].