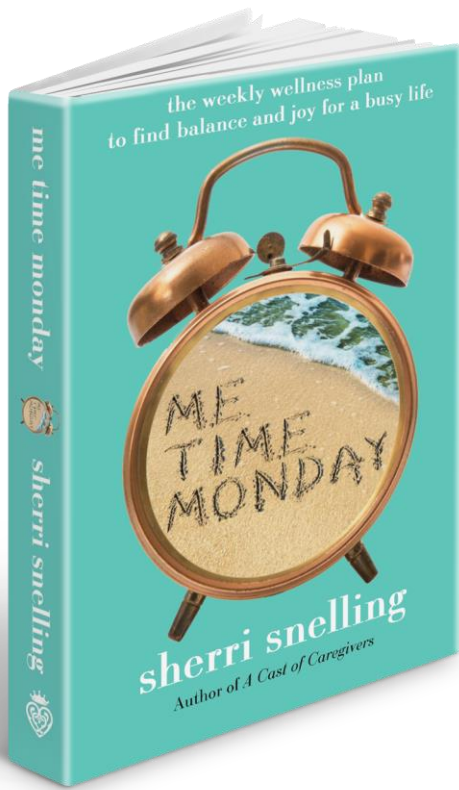


Me Time Monday™ Caregiver Education Modules Overview

7 Days and 7 Ways to Wellness



The Me Time Monday workshop has been delivered to hundreds of family caregivers who are seeking wellness and a better balance in life.

Now the workshop is available to anyone seeking a more balanced life full of health and happiness.

The educational modules have been updated with recent research and insights from the new book, *Me Time Monday - The Weekly Wellness Plan to Find Balance and Joy for a Busy Life*, authored and created by Sherri Snelling, corporate gerontologist and expert in caregiver wellness and brain health.

If your life is out of balance, *Me Time Monday* guides you back to well-being offering science, stories and solutions using 7 ways and 7 days to Marie Kondo your life for better health and more joy.

Learning Objectives

An introduction to the concept and science behind Me Time Monday is followed by the 7 wellness elements from the book that achieve a balanced life.

Participants learn behavioral science techniques such as habit-stacking and how to create microflows (baby steps) for wellness practices in each element. The outcome is a new way of thinking about wellness that improves mental health, social connections and achieves a more balanced life.

1

INTRODUCTION - The Journey
Me Time Monday - BioPsychoSocial Balance
Neuro-Happiness: Nature & Sensemaking
7 Ways, 7 Days, 7 Colors to Create Joy

2

PHYSICAL- The Vehicle
Night Shift: Sleep Science and Your Brain
Dietary Diversity: Rainbow+Sunshine Diet
Nature's Cleanse and Move It or Lose It

3

SOCIAL - The Passengers
Social Convoy Model
Healing Power of Hugs
Laughter to Combat Loneliness

4

EMOTIONAL - The Fuel
From FOMO to Flow to JOMO
Emotional Vibrational Energy & Happiness Science
How to Crack the Anxiety Code & Boost Resilience

5

FINANCIAL - Toll Roads
How to Create a Financial Wellness Plan
Costs of Being a Dementia Caregiver
The Family Planner - Conversations

6

INTELLECTUAL - The Map
How to Cross-Train Your Brain
Life-Work Balance and Green Spaces
Daydreaming & Storytelling for Health

7

ENVIRONMENTAL - The Scenery
Biophilic Design: Your Brain on Nature
Color Psychology and Well Home Design
Dementia-Friendly and Brain Happy Homes

8

SPIRITUAL - The Rest Stops
Soul Food - Sonic Seasoning and Musical Menus
Grow Your Gratitude
Feeling Awe and Finding Your Awesomeness

Optional Formats

The Me Time Monday program can be presented as multiple intensive learning workshop session or as a single summarized webinar.

In addition, the webinar can be presented virtually or as an in-person talk by Sherri Snelling. Both options are currently available to groups and organizations.

Individuals can join online workshops via the Caregiving Club web site for both on-demand viewing as well as live workshops starting in Fall, 2023. Participants can join the instructor and other learners for lively group discussions and interaction.



Available for employers & groups



Fall 2023: Individual Group Sessions

Workshops



(8) Sessions @ 90 minutes each

- On Demand via Zoom
- OR
- Live Virtual Sessions via Zoom (check web site for next workshop dates or to book a group session for your organization)
- Intro plus deep dive into all 7 elements of wellness including surveys and tools to map your Me Time Monday plan
- Additional activities can be integrated into group workshops - contact us below for details

Webinars



(1) 60-minute session

- On Demand or Live via Zoom
- OR
- Live, In-Person (organizations can book Sherri to speak) which includes a 15-minute audience Q&A and book signing session
- Overview of the Me Time Monday concept and summary of the 7 wellness elements

Contact Us

Individual pricing available at: [CaregivingClub.com/Workshops](https://www.caregivingclub.com/Workshops)

For group workshop bookings or for Sherri to speak live to your group, contact us: info@caregivingclub.com and put **Me Time Monday Workshop** in your subject line