

Enhancing Life for Older Adults: Mind, Body and Spirit



Thursday, May 18, 2017

8:00am - 11:00am

*Provided by Wayne State University, Institute of Gerontology
Presented by Waltonwood - A Singh Senior Living Community*

PROVIDED BY:

**WAYNE STATE
UNIVERSITY**

Institute of Gerontology



WALTONWOOD

Redefining Retirement Living®

SINGH

Holistic Approaches to Chronic Disease

Presenter: Terri Seldon, RN, MBA, Wellness Advocate and Lifestyle Coach

AGENDA

8:00 - 9:00 am - Registration, Breakfast

9:00 - 10:50 am - Terri Seldon, RN, MBA

10:50 - 11:00 am - Q/A, evaluation

11:00 am - Optional Community Tour

Objectives

- 1) Identify 5 steps in the Wellness pyramid.
- 2) Define Wellness Lifestyle Factors that affect patient health outcomes
- 3) Practice the Wellness Lifestyle in their own life to become role models.

2 Contact Hour NURSING: This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours, The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurse Credentialing Center's Commission of Accreditation. Application submitted.

Please contact Donna MacDonald at 313-664-2605 for more information.

2 CE SOCIAL WORK: Institute of Gerontology, Wayne State University is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0066.

2 CE NURSING HOME ADMINISTRATORS: This program was submitted to the MI Board of Nursing Home Administrators. Application submitted.

Certificate will be issued after total completion of program. Evaluation, sign in required.

The planning Committee and the presenter declare no conflict of interest.

We would like to thank Waltonwood for sponsoring our program.

2 CEs

COST: FREE
(INCLUDES LIGHT
BREAKFAST)

WHO WILL BENEFIT:

Nurses
Social Workers
Home Care
Agency
Administrators

Allied Health
Professionals

LOCATION:

Waltonwood
Lakeside
14750 Lakeside Cir,
Sterling Heights,
MI 48313

[CLICK HERE](#) to Register