Are you interested to be part of the wave to change the culture of aging in the 21st century?

Integrative Health and Healing isn’t new, in fact, many of the techniques are ancient, but the concepts of incorporating them into the Western Medical model are newer and still emerging. Current topics in long term care are whole person centered care, improving quality of care and improving quality of life for residents. Integrative therapies focus on the whole person healing concept of body, mind and spirit which supports these initiatives.

But as the saying goes, “you can’t expect to do the same thing over and over, and get different results.” You need to do things differently to get different results. Creating culture change within an organization is no easy task. It takes great vision, courage and resilience. Your vision, your thoughts, creates your future and as Louise Hay states, “The thoughts you choose to think and believe right now are creating your future. These thoughts form your experiences tomorrow, next week, and next year.”

The benefits of Integrative Health and Healing for nursing home residents are many:

- Improve the quality of care and quality of life to promote resident centered care
- Promote health & sense of well-being
- Reduce pain, anxiety, agitation, stress
- Enhance relaxation
- Strengthen immune system
- Improve mobility after surgery
- Promote wound healing
- Support the dying process
- Deepen spiritual connection

- Reduce re-admission to the hospital
- Meet resident and caregiver requests
- Support whole person health and wellness: physical, mental, emotional and spiritual
- Improve staff health and wellness thereby improving resident satisfaction as staff will be less stressed and healthier.
- Create culture of Integrative Health to stay competitive in the market.

Normandale Continuing Education is committed to offer the best in health education. Our courses are designed for health professionals as well as individuals who work in administrative, social workers, physical and occupational therapist, quality and management roles in healthcare organization. The Integrative Health Education Center is proud to offer courses/ workshops under the following categories for Long-Term Care and Nursing. We can also come to your location. Our presenters are experts in their fields and their presentations are interactive and fun. Everyone will leave with golden nuggets, learning something new about who they are and they will have plenty to share with colleagues, family and friends. Visit our website for more more offering courses at http://normandale.augusoft.net or call 952.358.8343

- Long Term Care Course/Worshops for Healthcare Professionals
- Integrative Therapies include Aromatherapy, Energy Medicine, Healing Touch, Reiki, Sound Healing, Tai Chi, HeartSight, Herbal Therapy, Qigong, Tai Chi, Homeopathy, Nutrition, Hypnosis, and Tregar Meditaion.

- Creating Healing Environments with Feng Shui,
- Cultivating Mindfulness
- Transition and Peaceful Passages for Hospice Care
- Nursing, CPR, Medical Careers
- Healing Therapy for Veterans
- And variety online courses.