



Ellie Peterson

Feel Safe - Release Anxieties, Fears, Worries

Ellie Peterson certifies, educates, and trains Continuum of Care staff, volunteers, family, and friends how to care for memory care individuals using her proprietary Meditative Movements™ program. As a daughter of a parent with Alzheimer's, she relates to her audiences because she too has felt the fear, anxiety & worries experienced by a dementia diagnosis.



Ellie inspires you to exercise your personal power in a new way. During her enlightening, energizing and hope filled interactive presentations, she gives these simple, two- to four-minute-long movements which are adaptable to anyone's ability and can be completed during a routine day. While life changes are inevitable, you can lessen your own stress, feel calmer and more relaxed, making life more rewarding and fulfilling for everyone. Yourself included!

Tammy Bryant, Certified Dementia Practitioner®, says: "Residents can understand this wholistic program at their level; it does not cause them to feel overwhelmed; and is failure free. They enjoy practicing. Everyone participates."

A 2017 University of Minnesota research study found this technique reduces anxiety, depression, fatigue while improving emotional and functional well-being.



Meditate while you move for more energy, less stress.

Most Popular Speaking Topics

- Be Well, Wise, and Feel Whole
- Easy Self-Care for Memory Care Staff & Caregivers
- How to Improve Your Physical, Mental, Emotional, & Spiritual Health

Melissa Zentz, Activity Director, says, "This makes a huge difference on resident's energy level and behavior. They feel grounded, centered and is especially helpful when residents feel agitated and have upset feelings."



Contact **Ellie Peterson**

ellie@meditativemovements.com | 612-710-3415 (MN/FL)

www.meditativemovements.com