



MEDIA CONTACT:

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--- EVENT LISTING ---

The Nature Connection To Offer Free Workshop:
The Power Of Nature: A Family Caregiver Training
Connecting Loved Ones with Memory Loss Through Nature's Healing Power

May 2, 2017 – 9:00-11:30 am at Lexington Community Center

WHAT: On May 2, 2017, The Nature Connection – a Concord-based non-profit – will offer a free training session for family members seeking new ways to connect with aging/memory-impaired loved ones. Nature Connection staff will share best practices for incorporating nature activities into the caregiving role to enrich elders' lives and increase family connections. Learn new therapeutic techniques and gain hands-on experience utilizing a wide range of sensory and natural materials. The Town of Lexington and Cooperative Elder Services, Inc. are supporting partners.

Training will consist of an introduction to The Nature Connection's programming and an overview of our methodology. Caregivers will learn to design new sensory and nature-based activities to conduct with loved ones, and gain practical experience leading each activity. Workshop will include role-playing and review of safe practices when utilizing live plant and natural materials. Gain tips on sourcing, preparing and utilizing a wide range of sensory materials, and learn successful practices for safe, yet challenging engagement. Refreshments served.

WHO: Since 1983, The Nature Connection has been the premier provider of therapeutic nature programs in the Greater Boston area. We deliver hands-on live animal and nature-assisted programs to individuals in institutional settings including: at-risk youth, individuals with disabilities, and elders, including individuals with Alzheimer's or dementia. Our Caregiver Training workshops teach our practices for incorporating sensory activities into the caregiving role to reduce stress, strengthen well-being and increase social connections in elders with memory loss.

WHEN: May 2, 2017
9:00-11:30 am

WHERE: Lexington Community Center
39 Marrett Road
Lexington, MA

REGISTER: Space is limited, must register in advance. Email training@nature-connection.org. For more information about The Nature Connection see our website at www.nature-connection.org.

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