



Barbara Edin, PT—Physical therapist and certified T'ai Chi Chih instructor

A licensed physical therapist in the states of ND and MN. She is certified to teach T'ai Chi Chih® and has been teaching for over 20 years.



Gwen Fraase, RN

A registered nurse in the state of ND. She is a certified healing touch practitioner, which is the highest level in healing touch. She is also certified from Beyond Ordinary Nursing in Integrated Imagery with 110 hours in advanced training in imagery.



Michelle Marie Gelinske, Tremble Clefs choir director

Michelle received her BA in Music (1991) and a SA in Vocal Music, K-12 (1993) from Minnesota State University, Moorhead. She is the director of the "Tremble Clefs," a choir for individuals with Parkinson's disease and other neurological challenges. Michelle was also a 2017 YWCA Woman of the Year for her work with the Tremble Clefs Choir at HeartSprings Community Healing Center.



Lori Hill—Yoga Therapist

Lori is certified and has more than 25 years of experience as a group exercise instructor. She is also yoga certified with more than 15 years of experience. Her classes offer a special focus with gentle somatic yoga which is designed to build awareness and reverse old habitual patterns of stress. Lori is trained in the Melt Method, a self treatment technique, taught in a group, to help people get out of pain by boosting the body's ability to heal by calming the nervous system and rehydrating connective tissue using specialized balls and soft body rollers.



Cammie Lamey

An instructor certified (500 hour) in hatha yoga, emphasizing a therapeutic approach. Her classes offer movements designed to release unconscious tension ("sensory-motor amnesia"), then strengthen and stabilize the body with familiar yoga poses. This combination, known as somayoga, frees the body to flow with greater ease, stability, and confidence as we navigate through the day's activities. This yoga is especially helpful for pain.



Jan Nelson, OTR/L, MA—Occupational Therapist, Laughter Yoga, Mind Body Medicine practitioner, and HeartMath instructor

A licensed and registered occupational therapist within the state of ND. She is a mind-body practitioner, HeartMath™biofeedback certified, and Laughter Yoga™ certified.



Amy Wieser-Willson, PhD—Yoga therapist

A yoga instructor at the 300-hour level training in addition to 40 hours of training in trauma-sensitive yoga for those with post-traumatic stress. She earned her doctorate in holistic nutrition, is a certified yoga wellness coach, Reiki master and teacher, and certified natural health practitioner.

For more information, call 701-261-3142 or
E-mail: heartspringсед@gmail.com or
heartspringinfo@gmail.com

HEARTSPRINGS CONTRACTING SERVICES FOR ASSISTED LIVING & TRANSITIONAL CARE 2017-2018



YOGA FOR ALL AGES

A (1) 50 min. class on anything from mindfulness yoga, to chair yoga, trauma-sensitive yoga and everything in between. Skilled practitioners are able to meet the needs of your residents.

MELT

A (1) 50 min. MELT Method self-treatment technique. Using specialized techniques and treatment balls, MELT rehydrates the connective tissue, re-balances the nervous system, and restores space to compressed joints for the hands and feet. MELT is for your residents to help live a pain-free, active, mobile, and independent lifestyle to the best of their abilities.

T'AI CHI CHIH™

A (1) 50 min. class on this gentle moving meditation modified to meet your resident's special needs. This helps with focus/attention/concentration and teaching residents how to "be in their body". It has been shown to be helpful in balance and fall prevention.

LAUGHTER YOGA

Laughter is healing and FUN! By setting aside a specific time for laughter, residents will improve their mood, reduce stress, strengthen their immune system, improve their quality of life, and create a positive mental state. This can be done in (2) 25 min. segments or even (4) 10 min. segments to reach different groups in your facility.

WOULD YOU LIKE TO REDUCE PAIN AND ANXIETY WITH SOME OF YOUR RESIDENTS?

Healing touch can help reduce anxiety, for those with dementia, and generalized pain.

GOING TO YOUR HEART TO RELIEVE STRESS

(4) 50 min. classes on HeartMath™. HeartMath™ is a well-researched form of stress management that is used in companies such as Boeing, NASA, Stanford hospital, and veteran administrations. This series will teach your residents a quick and easy form of stress relief!

WOULD YOU LIKE THE TREMBLE CLEF CHOIR TO COME AND SING AT YOUR FACILITY?

The Tremble Clef choir is a choir for those living with Parkinson's disease and other neurological challenges along with their family members. The choir practices weekly and performs monthly. It is now in its 8th year and has become a popular performing arts group.

If you would like to book a performance with HeartSprings Tremble Clef choir please contact Michelle Gelinske directly at #701-261-6052.

A suggested donation for the choir is between \$50-\$125.

It costs the choir \$120 to perform. If you feel you can donate the full amount that will reduce our fundraising efforts. Checks can be made out directly to HeartSprings and given to Michelle on the day of the performance.

ALL ONGOING MONTHLY CLASSES OR SERIES ARE \$90 PER HOUR, WHICH INCLUDES TRAVEL TIME AND MILEAGE.

ONE TIME PRESENTATIONS ARE \$120

IF YOU WISH SERVICES MORE THAN ONCE A WEEK; PLEASE CONTACT HEARTSPRINGS