



PARTNERING WITH POISE: Caring for the Care Partner

AN INNOVATIVE NEW ONLINE GROUP CLASS based on Alexander technique
Free for CARE PARTNERS of people living with all forms of dementia

FUNDED BY A GRANT FROM
ALZHEIMER'S FOUNDATION OF AMERICA



TEN-WEEK ONLINE COURSE STARTING SOON

Starting in September
Information & Registration
Instructor Contact

Wednesdays @ 12:30pm-2pm September 15 – November 17
<https://www.thepoiseproject.org/events/2021/pwp-august>
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This course is focused on Your Needs as a caregiver, independent of your care receiver.



"I think there were emotional benefits, I think there were physical benefits, and I think there were social benefits. At first I had to make myself bring these things to mind and sometimes I would forget, but now it's just a part of my being. It has just really become a part of me and of my daily life. The quality of my life today is just up here over how it was last year, and you know with my situation, it could very easily have gone the other way. Thank you for making this program available to us, because it has been life transformative, for sure."

"I wish I had these tools at the beginning, when my husband got sick. I would not have had to go through such a tough time. When I thought about a support system before, I thought about the outside. I have a support system. I have family and I have friends. All of a sudden I realized that I have a support system within myself, too, which I didn't know. In this Alexander technique course, I learned about my body, how my body functions, how I can take care of myself and use my own support system."



"I think as a caregiver, you lose yourself. You're so concerned, so wrapped up in taking care of the needs of your husband that you almost forget you're a person. So this brought me back into myself. A lot of times, especially if I find myself getting shook, I'll just say to myself, 'I am, I am, I am,' and that just seems to gather me together."

Alexander technique is a well-established embodiment training that performing artists have been using for decades to help manage stressful circumstances, reduce anxiety, increase confidence, avoid pain, and move with poise.

"Partnering with Poise" is a program of THE POISE PROJECT® Our mission is to help the public maintain poise, dignity, integrity, agency, and personal growth throughout all stages and challenges of life using the principles of Alexander technique. We are concerned that care partners are a growing population of "invisible patients" who are providing billions of dollars of health care yet with minimal organized support. This course was originally developed with funding from the **Parkinson's Foundation**.

Learn more about Alexander technique & The Poise Project® www.thepoiseproject.org