



PARTNERING WITH POISE: Caring for the Care Partner



AN INNOVATIVE NEW ONLINE GROUP CLASS

Adapted from Alexander technique

For family care partners of people living with chronic conditions

We focus on your needs, independent of your care receiver.

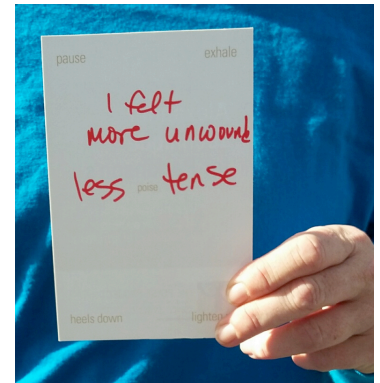
An enjoyable way to gather together with other care partners to learn new skills to meet the physical and emotional challenges of long-term caregiving. Build long-lasting, lifelong resilience.

Also learn ways of helping your care receiver to use these Alexander principles in their daily life.

The group class meets for 90 minutes once a week over 12 weeks.

First and last classes meet for two hours.

For more information: info@thepoiseproject.org



"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. AT has just really become a part of me and my daily life."



"The quality of my life today is just up here over how it was last year. And you know with my husband's 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 think as a caregiver, you lose yourself. You're 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. And a lot of times, especially if I find myself getting short, I'll just say to myself, 'I am, I am, I am,' and that just seems to gather me together."

Alexander technique (AT) is a well-established cognitive embodiment training used by performing artists for decades to help manage stressful circumstances, reduce anxiety, prevent pain or injury, and move more enjoyably.

Partnering with Poise is an evidence-based program of The Poise Project® developed with research through the University of Idaho and with support from the Parkinson's Foundation. **The Poise Project®** mission is to help everyone no matter their socioeconomic status to maintain poise, dignity, and personal growth throughout all stages and challenges of life using the principles of Alexander technique (AT).

To learn more about Alexander technique and The Poise Project® please visit: www.thepoiseproject.org