

# Less Stress, Better Health and More Love



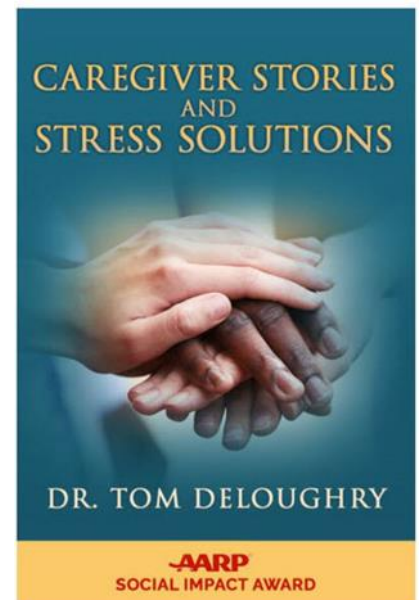
**A FOUR-WEEK INTRODUCTION FOR VOLUNTEERS, PROFESSIONALS AND AIDES WHO PROVIDE MEDICAL, EMOTIONAL AND SPIRITUAL CARE**

**HONORED BY AARP'S SOCIAL IMPACT AWARD AS**  
*"a simple mind-body-spirit program for seniors, adults and teens of any faith, or no faith"*

## Learn to help yourself and others to:

- **Reduce Stress and find Support**
- **Benefit from both Medical *and* Alternative Care**
- **Experience Love as "a Lasting Comfort and Connection"**
- **Discover the impact of Music, Journaling and Storytelling**
- **Respect Wishes and Celebrate Love in Life's Final Chapter**
- **Use AI (ARTIFICIAL INTELLIGENCE) Strategies to reach your Goals**

(SEE NEXT PAGE FOR MORE)



**THIS ONLINE COURSE FOR VOLUNTEERS, PROFESSIONALS and AIDES providing medical, emotional and spiritual care - begins on March 1st**

**GET A HALF-OFF COUPON FOR THIS \$30 COURSE AND A FREE DOWNLOAD OF CAREGIVER STORIES AND STRESS SOLUTIONS—A 57 PAGE GUIDE TO OUR COURSE.**

**VISIT [WWW.UNITYBUFFALO.ORG/LIVING-WELL](http://WWW.UNITYBUFFALO.ORG/LIVING-WELL)**



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# Whether you're 77, 47 or 17 the same steps can help you solve each piece of your Wellness Puzzle

Start solving your puzzle. Get help when you can.

Stop stress and see love. Then follow your plan.

## Start Solving Your Puzzle

1



Each piece of the **Wellness Puzzle** can help or harm the other pieces. Steps 2-4 can improve **any** piece.



2

Get Connected. Get Answers.

**FIND SERVICES IN  
YOUR COMMUNITY  
FOR THE  
WHOLE FAMILY**

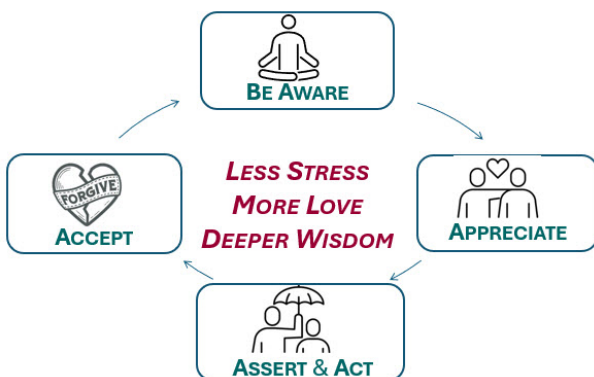
## Get Help When You Can

Contact 211. Then, explore your options with input from family, friends, doctors, alternative teachers, ministers, local news stories, counselors, seniors service and AI resources.

## Stop Stress and See Love

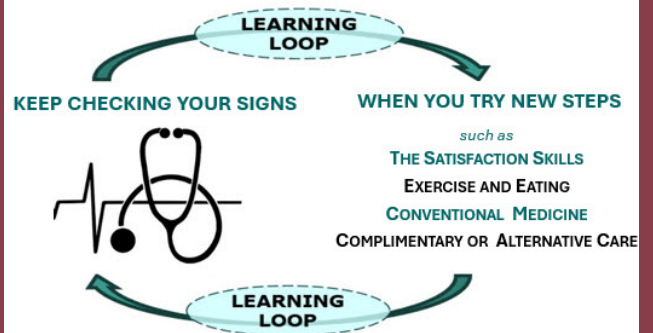
3

Use the **Satisfactions Skills** to stop stress and improve your life. Then, use your "super-vision" to see the good and the bad, plus the everyday miracles and Love that supports all of us.



## Then follow YOUR plan.

4



Use the **Learning Loop** to keep checking your signs of wellness. Learn what works best for you. Then volunteer and vote to improve health for everyone!