



We are proud to present our newest initiative:

Senior Options Enrichment Program

[For Seniors Interested in Maintaining their Quality and Appreciation of Life](#)

Our first series will be: **Crushing Corona** presented by Briana Howard, LCSW

Feeling anxious and fearful over our current pandemic crisis? During this series, Briana will offer evidence based, concrete strategies for maintaining peace of mind during the pandemic. She will implement the brilliant pioneering work of Dr. Seligman, Dr. Tal Ben-Shahar and many others. This series will be offered in an experiential workshop so participants may practice the skills and calming tactics throughout the year.

Session 1: Breathing- Practicing the Power of Choice

Session 2: Neurogenesis- and Practicing the Power of Focusing

Session 3: EFT (Emotional Freedom Technique) and Practicing the Power of Somatic Freedom

Session 4: ACT Therapy-Practicing Acceptance and Commitment & Spiritual Values

Session 5: Where do we go from here? Combining Practices into one Holistic Approach

Rules of Engagement:

Must be able to Zoom and show your face on Zoom call

Enter your first name only on Zoom

Have paper and pen

Sessions will be from 1pm-2pm EST including 10 minutes for questions

Dates of Five sessions: July 23, July 30, August 6, August 13, August 20

Limiting space

Cost of the first five session series is \$75.00

To register email info@senioroptionsfl.com

Payment can be made by clicking www.senioroptionsfl.com/make-a-payment

A Zoom invite will follow

Looking forward to this journey with you,

Shari Geller, MSW, CMC

President of Senior Options, Inc.