

It's Time to Take Care of YOU!

We Can Help

jennifer Cares

jenniferCares.com



Take Ten with jen: Ten Minute Tips

Make a pact with yourself right now that you will give yourself at least ten minutes every day to focus only on your own health and wellbeing. Can taking ten really help?

YES!

A few little minutes can quickly turn into big positive changes! In ten minutes you can:

- >Take a walk that will clear your mind and lower stress hormones.
- >Close your eyes and take some deep cleansing breaths to restore balance to your day.
- >Write down your mental To Do list, or worries, so that you can get a good night's sleep.
- >Drink a glass of water to help strengthen every cell and system in the body
- >Call a friend to laugh, cry, vent, and stay connected.
- >Think of and allow yourself to appreciate one good thing in your life, which will help to retrain your brain for more positive thinking.

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Get more information to keep yourself and those you love happy & healthy - stay in touch!



Products & Services that Make Life Easier for Caregivers

TALKS & WORKSHOPS:

Jennifer's **Take Care Tips** and **Caring Questions** workshops have been approved for CEU's for RN's, Social Workers, and Nursing Home Administrators.

Energetic, passionate, interactive presentations range from 30 minutes to 2 hours in length. Satisfied corporate clients include Glaxo Smith Kline, Bayer, PPG Industries, Highmark, The American Cancer Society, The American Heart Association, The Alzheimer's Association, The VA, Forbes Hospice, and Mother's of Pre-schoolers.

Jennifer covers a variety of topics, including:

- >Take Care Tips: How to Care for Yourself While You're Caring for Others
- >Caring Questions: How to Communicate to Maximize Your Minutes with Your Loved Ones
- >Caregiver at Work: Juggling Family & Work Responsibilities
- >Don't Stress! Coping with Caregiver Stress
- >Good Night! Achieving Quality Sleep
- >Move It! Sneaky, Fun, Easy Fitness

Customized talks also available. Pricing varies.

BOOKS:

**Discount pricing for bulk orders (over 10) available*

- >**Take Care Tips**, by Jennifer Antkowiak
101 Ten Minute Tips to Care for Yourself While You're Caring for Others.....\$15.00
- >**Caring Questions**, by Jennifer Antkowiak
Fun and Sensitive Conversation Starters..... \$10.00

AROMATHERAPY:

Sprays, Roll-ons, Lotions, Gels, Candles, and more made with 100% pure, therapeutic-quality essential oils.

Individual pricing, gift sets, and customized packages available.

FITNESS PRODUCTS:

DVD's, and firming bands. Prices vary.

**To find out more, place an order, or schedule a presentation:
contact Carmella at Carmella@jennifercares.com.**