

## Dynamic Programs for the Healthcare Industry



**Cathy Richards** is a nationally known professional speaker and expert in both Corporate and Senior Wellness. She helps Healthcare and other Senior Service Businesses support their teams, customers, and their bottom line with engaging programs and consulting services.

*Cathy's Signature Program spells relief for Burnout in the Healthcare Industry*

### **P.o.w.e.r.UP to Prevent Burnout: The High-Energy Edge for Caregivers and the Older Adults They Serve**

A caregiver's day can be draining, both physically and mentally. What if you could equip them with strategies to feel stronger physically and mentally and boost energy? What if you could also arm them with energy-building strategies for the older adults they serve, adding new skills for the caregiver and new value for the client or patient? Join us for double the strategies for double the ENERGY!

*Programs can run from one hour to full-day or multi-day sessions. Cathy will work with you to customize the program length and depth of content for your group's unique needs.*

### What Others Have to Say

*Cathy provides a compelling message that modest lifestyle changes can yield meaningful results at any age. Her tips and philosophy will go a long way helping all of us to age in a healthier way. —Jill Vitale-Aussem, President and CEO, Christian Living Communities/Cappella Living Solutions*

As Seen In...



### **Cathy Richards, M.A. inspires vitality for healthcare leaders, caregivers, and older adults!**

As director of Lifestyle and Wellness for a large senior care provider, Cathy was a strategic leader for enriching the lives of both older adults and those serving them. She is the author of *BOOM: 6 Steps to a Longer, Healthier Life* and is a caregiver for her own aging parents. Cathy's signature program is born from her first-hand experience that supporting caregivers while improving the quality of life for older adults is a win-win! She highlights the steps that business owners can take to support their caregiving teams, and steps that caregivers can take for themselves and those they care for at the same time. Cathy earned the coveted C. Everett Koop National Health Award, has a M.A. Degree in Exercise Physiology, and is a member of the National Speaker Association. With a dynamic speaking style, she is a frequent presenter for long term care events and conferences. See her speaker highlight reel at [cathyrichards.net](http://cathyrichards.net).

