



Join us for a **FREE** informative webinar.*

Maximizing Strength and Balance at Any Age



DATE / TIME

Tuesday, May 15, 2018
1:00 – 2:00 PM (ET)



REGISTRATION

Go to www.avilainstitute.org to register for this webinar.

*** This webinar is FREE for NRRO members only.**

Questions about registering can be made to **Tricia Misonznick** at (518) 537-5000.

In this webinar, Dr. Sasha will explain how our bodies and minds work and how we can use what we know to maximize the function of those we serve, regardless of their age or disability. She will also work with the audience to provide real-time examples of how they can best approach issues they are dealing with concerning themselves and their residents.

More information about Dr. Sasha and her programs can be found at: www.dr.sasha.life

This program is designed for anyone who has a desire to lead or enhance their community's current Life Enrichment or Activity Program.



Dr. Sasha Speer, DPT

Dr. Sasha Speer, DPT is a physical therapist and an artist. She has worked with patients ages 18-106 around the country since 2008, treating a variety of diagnosis from spinal cord injuries to pneumonia and back pain. In her experiences, she found that her love of the human body and her love of art created a more positive, uplifting, healing experience for her patients. She is bringing both gifts together with her Dr. Sasha brand to uplift, inspire, and heal.

Dr. Sasha gained a more profound understanding of the power of the human mind in relation to healing beginning in 2012, when her own body failed her after the passing of her father. She found herself as an expert of the human body in a world of medicine, lacking the answers she needed to heal. After seeking advice from physicians, surgeons, therapists, and other practitioners, she realized her answer was not within the traditional medical practices. Desperate to heal her body, Dr. Sasha delved into reading book after book, and bit by bit she was not only able to finally heal herself but she found she was having a more profound impact on the patients she treated. She now incorporates mindset practices in her healing as she feels it is the most critical factor to healing and feeling whole.

Dr. Sasha has brought these practices into two programs: *Strong & Steady*, addressing the needs of the frail elderly, which was co-created with help from the Sisters and Staff at the Carondelet Center in Los Angeles; and *YOUNGER*, a daily mindset and exercise program geared at preventing many of the signs and symptoms of aging.