



For Immediate Release
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TAI SOPHIA INSTITUTE TO OFFER FREE WORKSHOPS FOR HEALTH-CARE PROFESSIONALS

**Funded by Columbia Foundation Grant,
Workshops Support Front-Line Care Givers and HR Professionals**

LAUREL, MD (February 11, 2010) – **Tai Sophia Institute**, a preeminent academic institution for wellness-based education based in Howard County, Maryland, has received a grant from the **Columbia Foundation** to offer free workshops in March on handling job-related stress for Howard County front-line care givers and human resource staff of agencies such as nursing homes, hospice care, mental health programs, crisis intervention and domestic violence centers, those working with developmentally disabled citizens and other similar agencies, as well as nurses, nurse practitioners, physician assistants, and physicians.

“**Keeping the Health-Care Professional Healthy**’ offers new and effective methods for Howard County health-care professionals and health-care human resource staff to care for themselves, as well as their patients and clients, in ways that will help avoid job-related burnout, absenteeism, and turnover,” said Cheryl Walker, M.L., MCC, program manager, Health and Wellness Coaching, Tai Sophia Institute, and a workshop instructor. The workshop, offered twice in March and free to nonprofits, will teach innovative care-giving and self-care skills including proactive methods of managing stress triggers, effective ways for building relationships with patients and clients, and nutritional and herbal support for care givers.

“We are pleased to have received a grant from the Columbia Foundation to offer this much-needed program to health-care workers at no cost,” said Robert Duggan, M.Ac.(UK), president and co-founder of Tai Sophia Institute. “Self-care skills – knowing how to create wellness for oneself while giving to others – are crucial to the well-being, sustainability, and effectiveness of our community’s many, dedicated care givers and other front-line workers.” Duggan also will teach during the workshops.

What: ***Keeping the Health-Care Professional Healthy Workshop***

When: ***Monday, March 22 from 6:00 p.m. – 9:30 p.m.***
or
Saturday, March 27 from 9:00 a.m. – 12:30 p.m.

Where: Tai Sophia Institute, 7750 Montpelier Rd, Laurel, MD 20723

Cost: **FREE** for direct service health-care practitioners and human resource staff who are employed by nonprofit health-care organizations in Howard County. Interested participants outside of Howard County or those employed with a Howard County for-profit organization may enroll at a nominal fee of \$25.

(more)



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To register: Please contact Tai Sophia Institute's Office of Community Programs at 410-888-9048, ext. 6611 or communityprograms@tai.edu.

Tai Sophia Institute, a private, nonprofit academic institution based in Laurel, MD, is a leading center for wellness-based education, client care, and public policy discourse. Tai Sophia is accredited by the Middle States Commission on Higher Education and recently received approval from the Maryland Higher Education Commission to offer **Graduate Certificates in Health Coaching and Wellness Coaching**. These programs are now enrolling; classes start in mid-April 2010. Founded in 1974 in Columbia, MD, and first opening the doors of its healing arts clinic in 1975, Tai Sophia Institute is a diverse health and wellness resource, providing accredited graduate academic programs, continuing professional education, community wellness programs, and clinical services.

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