

**ProactiveHealth[®] Now and Forever – Relieve Stress – Enhance Immunity
Healthier Happier Senior Living Residents**

ProactiveHealth[®] Lifestyle Medicine Approaches for Stress Relief and Immunity Enhancement

Self-Care Skills to Prevent Illness and lessen likelihood of sickness from Seasonal Virus exposure

{Extract from Prospective Masonicare Proposal for our Confidential Use}

Opportunity - ProactiveHealth[®] Self-care Skills Prevent Illness and Reverse Chronic Conditions

ProactiveHealth[®] Skills - Relieve Stress; Improve Immunity; Strengthen Bones

Challenge - High acuity care strains staff and drives up Healthcare costs

Solutions - Lifestyle Medicine self-care skills lessen healthcare costs for chronic conditions

Reduce healthcare costs with Investment in education for ProactiveHealth[®] Self-care Skills

Purpose - Help ◇ Residents experience healthier happier more purpose-filled lives

Teach ◇ ProactiveHealth[®] Skills for Lifestyle Medicine health improvements

Delight ◇ Learners with relaxing music; engaging stories; poetic imagery

Objectives - Education for ProactiveHealth[®] Skills to enhance seniors' quality of life

Certify Staff Activity Directors and Coaches to teach ProactiveHealth[®] Skills

Advantages - Certified Activities Staff lead group sessions; Caregivers coach residents

Captive Audience Residents are engaged in Purposeful Life Enrichment Activities

Staff Wellness Program options for Staff Development and Retention

Benefits of ProactiveHealth[®] Education Services

Lifestyle Medicine Self-care Skills evidenced to prevent illness and reverse chronic conditions

Value of Investments in ProactiveHealth[®] Education Services

Health education investments yield savings on spiraling healthcare delivery expenses

Enterprise Leadership

Michael Dauria: Founded ProactiveHealth[®] Initiative to help prevent illness; reverse chronic conditions

Member – American College of Lifestyle Medicine

Harvard Medical School Institute of Lifestyle Medicine – Eight Certifications (2012 – 2016)

Organizational Member - National Association of Chronic Disease Directors (2012- 2020)

Past Member - Connecticut Therapeutic Recreation Directors (2015-2018)

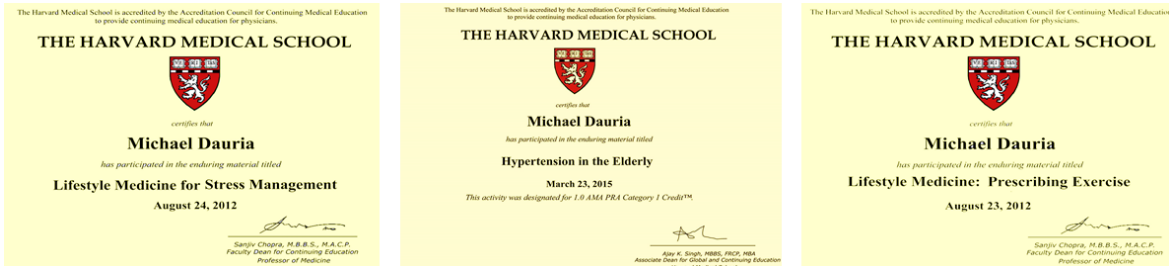
Veteran Owned Small Business – Michael Dauria Honorable Discharge Captain USMC (1960-1973)

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Lifestyle Medicine ♦ Knowledge ♦ Skills ♦ Self-care

Preventing Illness and Reversing Chronic Conditions



Lifestyle Medicine Education is Essential to Sustainable Health



Lifestyle Medicine involves the use of evidence-based lifestyle approaches such as stress management, regular physical activity, mostly plant-based diet, adequate sleep, avoidance of risky substance use, and other non-drug modalities, to prevent, treat and oftentimes reverse lifestyle-related chronic conditions.

Value of Investments in ProactiveHealth® Education Services

Health education investments yield validated savings on spiraling healthcare delivery expenses
Education investments reduce risk and expenses; improve revenues; gain healthier residents



Services Agreements allow your use of specialized curricula and proprietary intellectual properties

Next Steps:

1. Consider values and benefits of ProactiveHealth® Lifestyle Medicine Skills for your communities
2. Ask key staff directors to review lifestyle medicine reports and our health education services proposal
3. Send us a memo of interest with staff comments and inquiries on ProactiveHealth® Self-care Skills

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