Success Story Title: Creating Calm in the U.P.

Location: Public Health Delta Menominee (PHDM)

Focus: The focus of the stress reduction workshop was to provide WISEWOMAN participants with tips and tools to identify and better work with the stress in their lives.

Strategy: Lifestyle Counselor, Carley Reynolds adapted a stress reduction workshop from one she had taught in college. She created handouts on meditation and massage, developed a progressive relaxation script and adapted a guided imagery script from one she had found online. The 1 hour noon-time workshop was held in Delta (Escanaba) and Menominee (at local school) Counties. WISEWOMAN participants were encouraged to bring their family and friends. 32 women showed up for the Escanaba workshop! WW participants were eligible for the prizes and received a $10 gas card. Prizes included free a tai chi class from the local YMCA, a yoga mat, a reed diffuser (aromatherapy) and a relaxation CD.

PHDM partnered with Bay College who provided a free conference room and was the vendor for the lunch which included a veggie tray, fruit & cheese kabobs, ham roll-ups, assorted finger sandwiches, and water.

During the session the women sat in a circle and were able to experience aroma therapy, meditation, massage, guided imagery and a progressive relaxation exercise. All participants had their blood pressure checked when they walked in and checked again on the way out. Participants filled out an evaluation at the end of the workshop.

Outcomes: All participants evaluated the program highly. Some of the participants showed significant improvement in their blood pressure at the completion of the workshop (compared with their numbers when arriving at the workshop.)

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