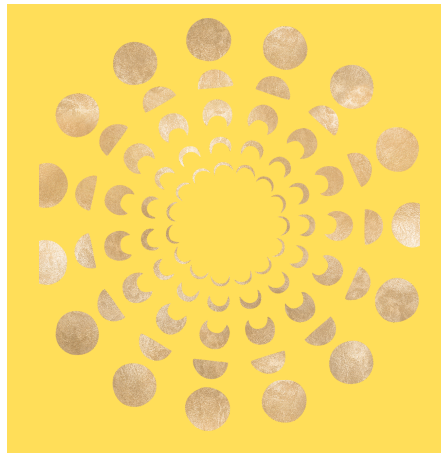




REFUEL YOU



A LIVING WITH AE PROGRAM

AE Alliance in collaboration with
Meg Poe - www.poewellnesssolutions.com



FOR MORE INFORMATION - SUPPORT@AEALLIANCE.ORG

Refuel You is a 10-week program to...refuel you. The program incorporates movement, mindfulness, group support and Integrative Health & Wellness Coaching and is designed for AE survivors and caregivers to help you find a new balance after AE.

The Program

- 10 weekly online group sessions - 90 minutes each.
- Each session includes movement, mindfulness, group support, and health coaching.
- Weekly homework.
- Email support as needed between sessions.



What Do You Get?

- Vision of a refueled you with your improved health, happiness + wellbeing.
- In-depth exploration of your current and desired health & lifestyle behaviors.
- Clear starting place to refuel you.
- Goals created by you.
- Action steps are defined specifically for your health and wellbeing.
- Individual and group trial & learning and celebrating.
- Lifelong process for future change.
- A refueled and empowered you.

What Makes It Unique?

Everything! There is no program out there like this one. You will all share your personal perspectives on your AE Journey, experiences, learning styles, goals, challenges, etc.

The Program's Building Blocks

Mindfulness to Refuel You

Mindfulness and meditation are incredibly personal. During this course you develop and/or grow your mindfulness practice. Mindfulness is enjoyed each session through a variety of methods: guided-meditation, journaling, yoga, breath-work, weekly activities, etc.

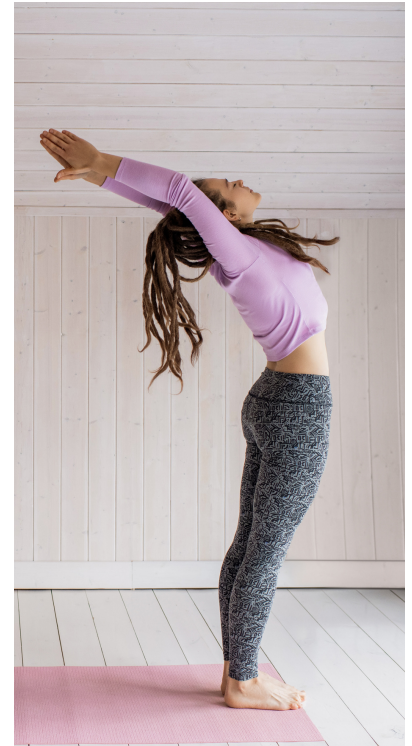


Movement to Refuel You

Each session incorporates a movement segment. Movement includes a combination of yoga, pilates, and other creative practices.

Movement portions are not intended to be an intense workout but instead an opportunity to connect with your body through playful and sometimes challenging combinations of movement and stillness.

You control the intensity and pay attention to your body and needs. Options are always provided to meet you where you are.



Integrative Health & Wellness Coaching to Refuel You

Integrative Health and Wellness Coaching follow a learning and personal development model focused more on what's right than what's wrong. The expertise of the coach is in the process of behavior change, encouraging self-exploration and action.

As the expert of your life, you will explore solutions that work in your unique circumstances. During group coaching, everyone is invited and never required to share experiences.

Just as we honor personal preferences in mindfulness and movement, we acknowledge preferences in group activities, learning, and sharing. As a group, we explore lessons learned and celebrate success.

Do you have time in your schedule to commit to a 10-week program?
Are you willing and able to do homework?
Want to explore finding a new balance in your life?

If you answer 'Yes' to all these questions, the 'Refuel You' program is a great fit for you!

Your Integrative Health Coach

Meg Poe, the Coaching Yogi, guides you through this 10~week adventure. Meg is a National Board Certified Health & Wellness Coach (NBC-HWC), a Duke Trained and Certified Integrative Health Coach, an experienced 500~hour Registered Yoga Teacher (500 E-RYT), a Mindfulness Instructor, Movement Instructor, and lots of other things.

Learn more about Meg on the [Poe Wellness Solutions website](#).



'What I love about this model for personal growth and change is the complete client centric approach. The powerful support of the community is immeasurable yet the empowerment of the individual is even stronger and drives sustainable personal change. Movement shifts you from your busy, thinking mind into your sensing, being body. Mindfulness supports the process of waking you up to you, where you are, what you need, paying attention to your choices, outcomes and lessons learned. We rest our awareness in the present moment. The group provides support in knowing you are not alone, learning through other's experiences, and accountability for your actions as we check-in each session. As your health coach, I'll support you through the entire process. I'm not here to tell you what to do but to ask thought-provoking questions, encouraging you to shift your perspective on you and your life. Ah-ha moments, lessons learned, and successes are abundant in every session.' ~Meg

FAQ's

What is the duration of the program?

The program takes 10 weeks to complete. Every week you will get together on Zoom call for a 1.5-hour session. Each week you will get homework.

Can I just pick a few sessions, when my schedule allows for it?

No, you have to commit to being present at all the sessions. Hearing the perspectives and views of others is powerful. For everyone to get the most out of these sessions, you need input from the group, so your weekly presence is required.

What if I have an emergency and can't make it to the session?

Emergencies happen - just let us know at support@aealliance.org

How much does it cost to participate?

Normally, the Refuel You program would cost \$300 for 10 sessions. However, a generous donor has committed to covering the fees for this program for 2021. So, at this time the Refuel You program is available to you at no cost.

Are there any other requirements?

Your feedback is important to us as we continuously optimize our program. We ask that you participate in a brief survey prior to the start of the program and another one when you complete the program.

Have other questions? Are you ready to sign up?
Email us at support@aealliance.org



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