



COAAA Professional Education

January 23, 2026

9:00 a.m. - 12:15 p.m.

Module 3 of 4



Creating Effective Life Work Balance: A Strategy for Social Work Excellence

Whole Body Engagement for Life Balance—Employs a gymnastic approach that involves engaging the entire body to maintain balance on the beam. This method is also used to explain how our bodies respond to challenges, supporting mental and emotional stability for achieving balance in life.

Presenter:

Linda Ross Newsome is a registered nurse and licensed professional counselor with extensive experience across public health, faith-based health services, and community education. Her work focuses on chronic disease management, self-care strategies, and improving mental/emotional health.

As a mental health therapist, Linda brings deep expertise in group therapy in areas of addiction recovery, mental health and wellness coaching. She teaches health education from a whole-person perspective, body, and spirit—and has developed numerous spiritually based programs for faith communities.

Linda believes that faith is the foundation for living with purpose and abundance. Her work in mental health, life skills education, and mentorship reflects her faith in action.

Course Objectives:

At the end of this session, participants will be able to:

- Define body wholeness
- Describe interrelated areas of body wholeness
- Describe one strategy for maintaining body engagement
- Discuss impact of awareness and insight in body engagement
- Describe one benefit of understanding personal body response

Continuing Education Units 3.0

3.0 Social Work Clock Hours (# RSX059002) 3.0 Counselor Clock Hours (RCX109207)

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In Person
Only!

Registration Form

Deadline January 16

Creating Effective Life Work Balance: A Strategy for Social Work Excellence

Whole Body Engagement for Life Balance

***** please email registration form to training@coaaa.org*****

Name: _____

Agency: _____

Address: _____

Special accommodations needed due to disability:

Phone (_____) _____

Email: _____

COAAA is happy to offer workshops free of charge

Social Worker

Nurse

Other

(please email registration form to training@coaaa.org)

Questions? Call (614) 645-7250 or 1-800-589-7277. COAAA cannot accept registrations over the phone.



Central Ohio Area Agency on Aging

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Your Aging and Disability Resource Network