



COAAA Professional Education

January 30, 2026

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

Module 4 of 4



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

Proprioception in Life Balance—Utilizes gymnastic principles to sense body positioning relative to the environment, ensuring safe execution of movements and landings. This approach is similarly applicable when describing how awareness of our position supports effective interaction and decisions for balance in daily 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 Proprioception
- Describe how movement is affected by proprioception
- List 2 benefits of proprioception in mental and emotional well being
- Discuss impact of proprioception in work/life balance
- Describe value knowing personal proprioception in professional work

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 23

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

Proprioception in 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