

The Hidden Dangers of Mobility Devices-When Tools Do More Harm Than Good **Author and speaker, Linda Mac Dougall, will teach your audience how to protect their health into their senior years!**

4.6 trillion is spent annually on senior care products for longevity, and 10 thousand people become boomers every day.

As a licensed massage therapist for over sixteen years who has worked with hundreds of seniors, **Linda Mac Dougall** sees daily the physical and postural damage inflicted by mobility devices that are incorrectly fitted or used. She is a holistic health practitioner, and a specialized massage therapist for seniors and the disabled.

Linda Mac Dougall has been a direct care worker, a mental health care worker, an administrator of two group homes for United Cerebral Palsy, and a federal advocate for the developmentally disabled population of the state of Hawaii and more.

Linda holds a M.A. in Counseling Psychology. Seeing the unaddressed needs in senior care led Linda to write her book: **The SPIRIT Method of Massage for Seniors: Raising the Bar...A Primer for Massage Therapists and Caregivers** now available on amazon.com. A boomer herself, Linda Mac Dougall has a unique and empathetic vantage point. Through her book and media interviews, she is raising her voice for real care in our senior years.



Linda Mac Dougall lives in California
805-202-6379
speakerholistic@gmail.com

“Absolutely recommend getting this book! Thanks to the author for this gift of knowledge!”



Story Ideas:

Walkers – Knowing how to buy and what to buy can extend your life!

Canes- Size Matters! Correct Posture can Increase Your Life

Wheelchairs- Postural Supports are a MUST

Nutrient Thieves in Your Medicine Cabinet-How to Give Your Body Back What Was Stolen

The Individual Service Plan vs a Nursing Plan- Which Would You Rather Have?

Blind-Eyed Care: When Familiarity and Routine Cause Blindness

