

“Excellent teacher and advisor. She is the consummate professional. I have learned so much about nutrition, exercise, and the psychology of good health. I would highly recommend her to anyone who is interested in making the quality of their health BETTER!!!!!”



Educational Speaker

“She is able to effectively engage my 102-year-old father and relates amazingly well to him. Her positive attitude and genuine acceptance of others is unmatched. She is a very talented person who impacts my father’s health and wellbeing in ways we never imagined.”

Weekly Check-ins (free)

Most Wednesdays, from 11 - 4 p.m. stop by the Wright Park Conservatory and let’s breathe together, practice an exercise, or get answers to your questions on insurance sponsored health promotion programs.

Guided Meditation (free)

Be gently guided by my voice that prompts you to discover your own meditative state. I draw from various types: body scans, focused attention, breath awareness, and many others. <https://insighttimer.com/adrienneione>

Integrative Health Consultation (\$105)

Using an integrated, person-centered, strengths-based approach to wellbeing, we will explore many dimensions of your overall wellbeing, identify your strengths and then use your strengths to make the shifts you are wanting to make.

Dementia Health Consultation (\$105)

When you receive a diagnosis of Alzheimer’s Disease and Related Dementia (ADRD) how does life unfold? We will gather for all involved to ask specific questions about potential or recent diagnosis, co-develop dementia wellbeing plan, telephone follow-up to monitor implementation of plan, facilitate appointments with consultants when the wellbeing plan needs to be reassessed, and teaching dementia education and other skills to caregivers through individual consultation.

Personal Training (\$72 [discount for blocks])

We’ll discuss your health and history, assess your baseline, develop a plan of action - design a custom individualized plan - where you may enjoy optimal functioning for an increased quality of life.

Yoga Therapy (\$72 [discount for blocks])

A mind-body practice that focuses on your physical, emotional and mental health to address underlying health conditions or symptoms (cancer, arthritis, diabetes, etc.).

Daily Support (\$550/mo)

Daily check-ins to maintain personal discipline. Perhaps there’s a physical activity, a particular yoga posture we practice or you have questions about a health concern or preventative measures. Together we will ensure you are living your optimum life and flourishing.

Educational Speaker (\$300+)

Experience with audience size ranges from 5000 to 1 - in the form of presentations, keynote speeches, continuing education workshops and breakout sessions. Author of *Dementia Grief Therapy*.



Silver Linings Integrative Health, LLC



Aging Actively & Thinking Positively

Adrienne Ione, PsyD



Integrative Health Consultation

“If I could tell you all the positive changes that have occurred in this 99-year old’s life you wouldn’t believe it. There was a time when she couldn’t feed herself and now she gives high fives and can lift a fork to her mouth in 15 seconds. She couldn’t write, and now she paints, draws, plays the piano and communicates verbally.”

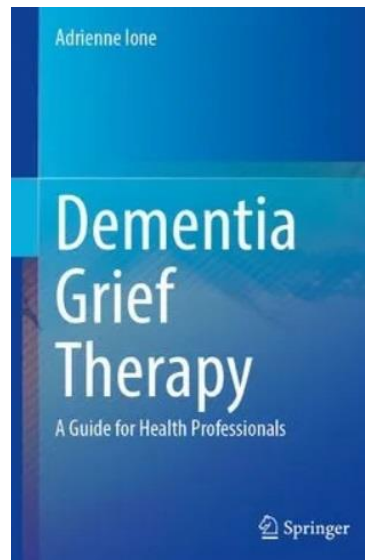


Dementia Health Consultation



Personal Training

“Effective combination of data-driven analysis with real-world examples, provides a comprehensive overview of the challenges and opportunities in addressing dementia health globally. The focus on community involvement and changing societal perspectives towards individuals living with dementia adds a human touch to the narrative, emphasizing the importance of empathy and understanding in creating an inclusive society.”



Yoga Group Class

Background

As an integrative health practitioner, I combine techniques from yoga, exercise physiology, grief counseling, and functional fitness and am committed to joining people ages 65 and greater on their journey to explore, expand and extend their healthspan.

Contact

Adrienne Ione, PsyD

316 S. G Street
Tacoma, WA 98405

Phone: 253.988.6463
Email: email@yes2aging.com
Web: yes2aging.com

