



## **INDIGO C.A.R.E.S.** Community Assistance Remediating the effects of Stress

***Each month a new “CARE PACKAGE” on a crucial health topic will be launched as our primary focus.***

These CARE packages will provide members of our industry with all the tools and skills necessary to create meaningful and impactful community service events in their local community. Topics will be chosen based on stress related illnesses for which biofeedback has been proven effective in published medical journals and studies.

Compliant language, protocol techniques, skills training and conference calls providing tips as to who to invite/ involve and how to engage your community will also be offered each month. Our goal is to empower practitioners to join together in the spirit of philanthropy and service, educating others about what we do and how INDIGO can positively help people who are suffering from a variety of illnesses and disorders.

We are all experts in the field of stress management and have so much to offer to the world at this particular moment in time! We hope that participating with our **INDIGO C.A.R.E.S.** program will remind you of what a gift you have, empower you to give back, while at the same time helping you gain the recognition and success you deserve.

*With a giving attitude, every situation  
is an opportunity for success.*

*Author Unknown*



# INDIGO C.A.R.E.S. Program Schedule

November	Trauma/ TBI ( in conjunction w/ Clinic* )
December	Beat Holiday Stress with INDIGO + Eternale
January	Obesity: Resolutions made Easy w/ INDIGO + Eternate
February	INDIGO & Hypertension: A matter of heart
March	Making every moment count: INDIGO and Athletic Performance*
April	Easing the Stress of Diabetes w/ INDIGO
May	INDIGO BIOFEEDBACK: Retraining Neurological Disorders
June	Addiction and Smoking Cessation using INDIGO
July	INDIGO Pain Management
August	Insomnia: Bringing on the Zs: INDIGO, ETERNALE + Insomnia
September	Combatting Chronic Fatigue/ Fibromyalgia
October	Managing Migraines with INDIGO Biofeedback

*The highest reward for a person's work is not what they get for it, but what they become because of it.*

*John Ruskin*



## INDIGO C.A.R.E.S.

Community Assistance Remediating the effects of Stress

### **TQA MARKETING DEPARTMENT WILL SUPPORT YOU:**

- By providing and posting white pages on all the health topics mentioned here.
- By providing and posting press release templates for use in conjunction with those topics announcing your event.
- By providing you with a list of ideas about where to find community partners.
- By providing generic and specific powerpoints highlighting **INDIGO** biofeedback efficacy for each topic/ audience.
- By providing you with notices of when a new CARE package is ready, and what appropriate timelines for placing FREE calendar listings, sending releases, seeking community partners, and booking locations.
- By providing a thank you card/ coupon and referral certificates for discounted sessions to give attendees.
- By providing QBAA's informed consent waivers and baseline survey tools for gathering data.
- By coordinating virtual protocol training, and online outreach support and guidance.

*When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.*

*Author Unknown*