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Care professionals across the country have been asking us for a way to learn more from Clint Maun beyond just the various speaking engagements they may have attended in their specific locales. In response to this overwhelming demand, Clint has created the **Care Crowd VT**, a growing community of care professionals like you who share a *deep passion and commitment* for taking care to the **next level of excellence**.

Care Crowd VT is your virtual training access point to Clint's wealth of solution-oriented, team-based approaches to improving care nationwide. Furthermore, it is affordable for **any** care organization of **any size** to take advantage of this fantastic training value. For less than **\$1.65 per day** (even less if you are a *LeadingAge member*), **all of the employees** at your facility (including future new hires during the 3-year site license period) can have unlimited access to Clint's humor, experience and wisdom to help your organization **Improve Care from Within!**



Ready to learn more?

You can now try out the training first-hand with a **Free Trial!**

Visit the Care Crowd VT website today and enjoy a **free 2-week trial** so you can see for yourself how easy, yet very powerful, this training can be. *Imagine all your organization's staff being on the same page in providing the best care to your customers! Better still, at only pennies per day, **you can't find better***

training for your budget! Add on the fact that Administrators can even get **4.5 CEU credits via NAB** and the *value goes through the roof.*

Facility by facility, care professional by care professional, **Care Crowd VT** is amassing a large, vital community of people who strive to change the face of care **from within**, rather than wait for the various *external forces* to magically align for positive change. **Become a Care Crowd member today!**



Food For Thought

Some Interesting Facts to Sleep On

According to surveys and research conducted at the National Sleep Foundation:

- Man is the only mammal that willingly delays sleep.
- Six in ten healthcare professionals do not feel that they have enough time to have a discussion with their patients about insomnia during regular office visits.
- In general, most healthy adults need seven to nine hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep.
- We naturally feel tired at two different times of the day: about 2:00 AM and 2:00 PM. It is this natural dip in alertness that is primarily responsible for the post-lunch dip.

- Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.
- One of the primary causes of excessive sleepiness among Americans is self-imposed sleep deprivation.

"Without enough sleep, we all become tall two-year-olds."
—JoJo Jensen



Quick Links

MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



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