



# THE SUPER JOURNAL

TRUSTED TECHNOLOGY FOR SUPER CAREGIVERS

## THIS ISSUE FEATURES:

Our Product Catalog

Relieve Stress with Yoga

## What Makes Our Products Better?

At Super Nurse Call, we are confident that our technology will enable your caregivers to respond quickly and efficiently every time. From just a few rooms to hundreds, whether you are upgrading, retrofitting, or building from the ground up, we meet you where you are and provide you just the right solution.

[Download our product catalog here](#) and learn more about our product offerings and why we guarantee you will see a positive change in your organization when you choose SNC!



## Yoga Relieves Stress and Makes you Feel Better

Don't we all have too much stress these days. Yoga is a great way to stretch, center oneself and release that built-up pressure. If you're like us, who has the time? Right? Well, here is a great Yoga coach and fun guy, Coach Sean Vigue. Sean is a retired opera performer and now a world-famous Yoga and Pilates instructor. We recommend his 15 – 20 minute YouTube videos that can be done anytime and are easy to follow. No complicated moves, try it and feel better.

[Coach Sean Vigue 30 Day Beginners Program](#)