

Bio: Gale Lyman, RN, BSN, HNB-BC

TLC Resource Center

Contemplative practices for adults, older adults, and their caregivers

Well-being expert, writer, and workshop leader

The founder of the [TLC Resource Center](#), Gale Lyman RN, HNB-BC, BSN is passionate about inspiring people to take care of themselves. Her retreats, workshops, books, blogs, and articles motivate people to take care of themselves and give them the tools they need to do so. Gale's style is to offer practical information people can use at home or at work. An expert in holistic wellness, her specialties include senior wellness, health behavior change, stress management, caring for caregivers, and contemplative practices including many forms of guided meditation. Residing in Massachusetts, Gale lives with her wonderful husband and their Labrador retriever. She is a former family caregiver and one of the youngest baby boomers.

Holistic and Mindful

Holistic well-being is the focus of Gale's services, and she has expertise in a variety of integrative modalities. However, as a holistic nurse Gale is more interested in *being* holistic than *doing* modalities, meaning she strives to be intentional, mindful, and present, contributing to a healing environment for all.

Owner and Founder, The TLC Resource Center

Featuring contemplative practices for adults, older adults, and their caregivers, the TLC Resource Center is a virtual center, offering helpful information regarding Gale's passions: [contemplative practices](#), and [caring for caregivers](#), including those [recovering from caregiving](#). TLC's mission is to cultivate a greater sense of well-being in our world, by inspiring people to take care of themselves.

Inspiring author

A published author since 2003, Gale now serves as a freelance health and wellness writer for various newsletters, magazines, and blogs on a numerous [wellness topics](#). Her book, "[A Reflective Journal for Busy People: 100 Affirmations of Health, Happiness, Prosperity and Wisdom.](#)" was published in 2009 and more books are in publication.

Engaging guest speaker

Traveling extensively, Gale has led seminars, keynotes, workshops and retreats in 22 states and in Europe for more than 20 years. Her [programs](#) feature her passions: recovering from caregiving and contemplative practices including how to use guided meditation and positive affirmations, and how to find peace in nature. Gale also serves as a faculty advisor for holistic nursing students at [The BirchTree Center for Healthcare Transformation](#).

Previous wellness experience

Gale founded The Lyman Center (TLC) in 2000 as a holistic healing and education company and the home of her holistic nursing private practice for stress relief, pain management, and pre-surgery preparation. The services provided have shifted along with the needs of TLC's clients. Often concurrently, The Lyman Center has been a holistic healing center in Amesbury, MA, a leader in training in Reiki professionals from level one to master/teacher, a regional and national continuing nursing education presenter, a workplace wellness workshop provider, the integrative nurse group leader for a large long term care facility, a host for meditation and labyrinth programs, and the local provider of an array of wellness classes and retreats for the general public. During this time, Gale also published numerous articles, wrote two newspaper columns, and mentored countless other nurses and wellness professionals along the way. Beginning in 2016, The Lyman Center

evolved from a physical location to a virtual online center, seeking to serve more people than the healing center ever could.

Previous nursing and management experience

Gale's prior nursing experience includes community care, acute care, long-term care, rehabilitation care, employee health, and insurance services. She was certified as a case manager, as a disability management specialist, and as a rehabilitation nurse. Gale has been a nurse since 1982, a nurse educator since 1987, has eight years' experience as an executive national program director for employee health, and has been a self-employed business owner since 2000.

Committed to life long learning

Originally educated at Saint Anselm College, Gale is committed to lifelong learning. She is a registered nurse, board certified in holistic nursing, and has an abundance of continuing nursing education credits in guided imagery, relaxation, aromatherapy, music, reflexology, health behavior change, energy work, and pain management. Her numerous credentials include:

- Certificate in Integrative Nursing, 2005
Birch Tree Center for Healthcare Transformation
- Holistic Nurse – Board Certified (HNB-BC), 2006
American Holistic Nurses Credentialing Corporation
- Reiki Master-Teacher certificate, 2002
Enhancing Wellness
- Professional Hypnotist Certification, 2010
International Center for Hypnosis Education and Research
- Labyrinth facilitator, 2011
Alchemy Enterprises
- Drum circle facilitator, 2012
Drum Circle Facilitators Guild

Service and volunteerism

Gale is an active member of various organizations reflecting her passion for holistic nursing, senior health and wellness, and nature. She is a long-time volunteer for the American Holistic Nursing Association, serving over the years as a chapter leader, conference and continuing education nurse planner, and committee member. Her current memberships include:

American Nurses Association
American Nurses Association, Capitol Watch
American Holistic Nurses Association
Massachusetts Caring Science Consortium
Drum Circle Facilitators Guild
American Horticultural Association
Sierra Club
Massachusetts Audubon Society
The Trustees
American Association of Retired Persons (AARP)
Wellness University
American Society on Aging

Gale and her husband are both active locally in community organizations, animal rescue, and nature conservation.

TLC Resource Center

www.LymanCenter.com
gale@GaleLyman.com

Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.