

## Caring For Yourself: Stress Management and Alternative Options Workshop

The Arc of New Jersey Family Institute



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Caring for a loved one can put a strain on even the most resilient person. If you're a caregiver, you must take steps to preserve your own health and well-being. Join the Arc of New Jersey Family Institute and Bayada for a workshop designed to help you, the caregiver, learn different ways to alleviate stress.

Presenter: Dawn Mitten parent, A licensed Massage Therapist and Reiki Practitioner

<u>Date</u>: Thursday, July 21st from 6:30-8pm <u>Location</u>:

Bayada Pediatrics 521 Fellowship Road Suite 160 Mount Laurel, NJ 08054

Registered HERE: bit.ly/caringforyourselffimountlaurel