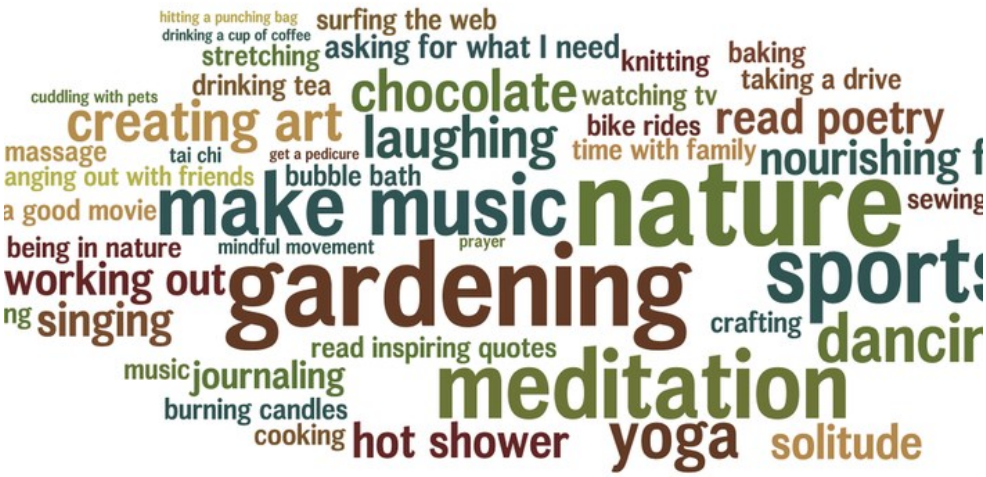

Caring For Yourself: Stress Management and Alternative Options Workshop

The Arc of New Jersey Family Institute

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 The Arc of Union for a workshop designed to help you, the caregiver, learn different ways to alleviate stress.

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

Date: Thursday, June 23rd from 6-7:15 pm
Location: The Arc Union
The Arc Family Center
1137 Globe Avenue
Mountainside NJ 07092

Register Here: bit.ly/caringforyourselffi

The Arc of New Jersey Family Institute
Advocacy • Empowerment
Resources • Education

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