

Save the Date:

Tuesday, November 15, 2016 6 — 7:30 pm

Caring For YOU! A Stress Management and Alternative Options Workshop

The Arc of New Jersey Family Institute



The Arc of New Jersey Family Institute 985 Livingston Avenue North Brunswick, NJ 08902

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

<u>Presenter</u>: Dawn Mitten, is a Massage Therapist and Reiki Practitioner. Dawn is also a parent with a Special needs child.

Location:

The Arc of Somerset County Camplain Road ATC 2320 Camplain Road Hillsborough NJ 08844

Please Register Here:

bit.ly/somersetcaringforyou