



Caring For Yourself: Stress Management and Alternative Options Workshop

The Arc of New Jersey Family Institute



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 The Arc Middlesex 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 Practitioner

Date: Tuesday, January 31 from 6:30—8 pm

Location: The Arc Middlesex
219 Black Horse Lane
North Brunswick NJ 08902

Register Here: bit.ly/caringforyourselfmiddlesex