



Caring For Yourself: Stress Management and Alternative Options—Free 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 Monmouth for a workshop designed to help you, the caregiver, learn different ways to alleviate stress.

Presenter: Dawn Mitten, is a Massage Therapist and Reiki Practitioner. Dawn is also a parent with a special needs child.

Date: Thursday, November 17 from 6:30-7:30pm

Location:

The Arc Monmouth
1158 Wayside Rd
Tinton Falls, NJ 07712

Registered HERE: bit.ly/caringforyourselfmonmouth



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