## **CAREGIVER WELLNESS**



Cross the bridge to a new way of being!

# A Self-Care Program focused on Wellness, Mindfulness, and Gentle Yoga

Designed for people providing care to an adult family member with a mental illness and a developmental disability

- Caring for others means that you need to care for yourself!
- Connect with others for learning and support around your wellness
- Explore your strengths
- Discover strategies that cultivate inner resources to deal with outer challenges
- Five interactive sessions with lots of information and practice activities that anyone can do
- No registration fee; space is limited to 15
- Join us! You deserve this gift to yourself.

## Begins Fall, 2017

Meets at 151 Centennial Avenue Piscataway NJ

### Choose one 5-session class option

**Class 1** meets Thursday Sept 28 (1:30-5:30) and Thursdays Oct 5, 12, 19, and 26 (1:30-3:30)

**Class 2** meets Sunday Oct 1 (10-2) and Thursdays Oct 5, 12, 19, and 26 (6-8 PM)

#### **TO REGISTER, CONTACT:**

Peggy Swarbrick, PhD, FAOTA at <a href="mailto:swarbrma@ubhc.rutgers.edu">swarbrma@ubhc.rutgers.edu</a>

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