

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 swarbrma@ubhc.rutgers.edu