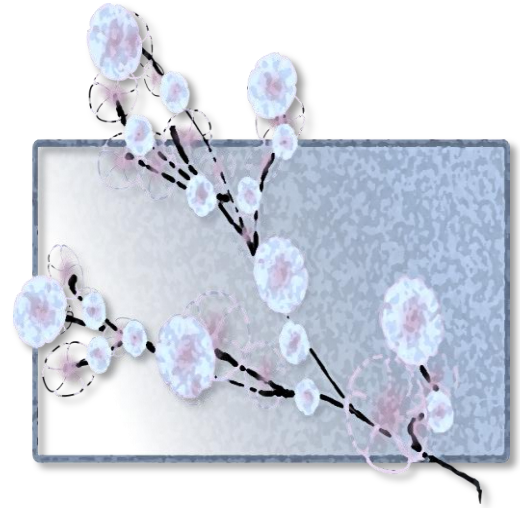


The Science of Caregiver Self-Care

Friday April 20 2018 10:00am – 1:30pm

Join us to learn about the science of self-care for caregivers. The Summit will feature relevant research supporting the wellness areas, yoga, and mindfulness for caregiver health and wellness. Caregivers will share relevant experiences.



Schedule:

9:30 Registration

10 am Welcome/Summit Begins

Program:

- Wellness - Research on whole person approach to self-care
- Mindfulness - effective strategies for self-care
- Yoga - simple practices for self-care
- Caregiver's experiences
- Learn mindfulness and yoga practices you can personally apply
- Gain self-care tools and resources for personal benefit

This event will be free to all. Advance registration is required. Registration will take place between 9:30 and 10:00 am.

The program will begin at 10:00 am and conclude by 1:30 pm

Location: 151 Centennial Avenue, Piscataway, New Jersey

For more information call 732-235-5000

Complete the form on the next page and email to swarbrma@ubhc.rutgers.edu

Caregiver Wellness Summit

April 20, 2018, Piscataway, NJ

Registration

Name (first and last):

Email address (e.g., name@gmail.com):

Agency affiliation:

Check the item that best describes your role:

- primary caregiver family member only
- paid caregiver / professional only
- both primary caregiver and paid caregiver / professional
- researcher
- educator
- other (please specify)

After completing this form, please save it, then email it to swarbrma@ubhc.rutgers.edu