



NOVEMBER 17TH

10:30-12:00

MINDFULNESS & WELLNESS

FOR THE CAREGIVER

Helping caregivers take time to learn and practice self-care

In honor of Caregiver Month Erie County Senior Services' Caregiver Program is hosting an event for Caregivers of people with memory loss to take some time to relax, have fun and learn ways to take care of yourself throughout the day.

Register by visiting our website at:

<https://www2.erie.gov/seniorservices/Caregiving>

or Call Julie Bugg at 716-858-8579

This event is funded through the ADCSI grant from New York State Department of Health

Topics

Caregiving through the Holidays

- Alzheimer's Association &

Selfcare for Caregivers

- Shannon McGrath, LCSW-R
Jewish Family Services

Activities

Mindfulness Meditation

- Janice Burns, CPP MS. ED.
Prevention Council

&

Chair Yoga

- Dr. Maya Mollerus
Yoga Parkside Foundation

**1st 100 to register
get a
Painting with a Twist
take home kit!**

Sponsors:

