

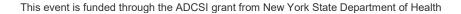
NOVEMBER 17TH 10:30-12:00 MINDFULNESS & WELLNESS FOR THE CAREGIVER

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



<u>Topics</u>

- Caregiving through the Holidays
- Alzheimer's Association &

Selfcare for Caregivers

Shannon McGrath, LCSW-R
Jewish Family Services

<u>Activities</u>

Mindfulness Meditation

Janice Burns, CPP MS. ED.
Prevention Council

&

Chair Yoga

• Dr.Maya Mollerus Yoga Parkside Foundation

As 100 to register As 100 to register get a Twist Painting with a Twist Painting with prome with Painting home with

