

November is National Family Caregiver Month:  
**Caregiving Around the Clock: Sharing  
Strategies, Stories and Wisdom for  
Maintaining Your Balance While Caring**



Many caregivers struggle with the unending and ever-changing demands of providing support for a loved one with memory loss. In addition to all of the hands-on assistance needed during the day and night, many caregivers experience ongoing emotional stress. Take heart. There are things you can do to maintain your balance as you offer care. Join us for this informative and interactive session reviewing strategies and sharing stories on how to best support yourself while providing care. You matter too!

Join us for this free session on either your computer or on your telephone.

**FOR MORE INFORMATION:**  
Contact Mary Catherine Lundquist at  
[lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call  
Care2Caregivers at 800.424.2494

**November 10, 2021 | 1:00-2:00 pm**

Click [HERE](#) to register.

*After registering, you will receive a confirmation email  
containing information about joining the meeting.*