

Celebrating National Family Caregivers Month: Joy Spotting for Caregivers



November is the month when we stop to acknowledge the incredible caregivers in our midst. Join us for a special session to learn about what you can do to boost your mood and mindset as you face the many challenges of caring for a loved one. Guest appearances from Care2Caregivers Staff and veteran caregivers. Come as you are. Leave feeling inspired and connected.

Join us for this interactive session through your computer or phone.

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at lundqumc@ubhc.rutgers.edu or call Care2Caregivers at 800.424.2494.

November 16, 2023 | 1:00-2:00 pm

Click [HERE](#) to register.

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