

Managing Seasonal Changes: Winter Wellness for Caregivers



Winter brings changes in weather, light and activities.

In addition, some people experience challenges with isolation and mood, maintaining health routines and managing complex feelings and experiences related to **winter holidays**.

During this session, participants will explore strategies for supporting wellness in many life dimensions throughout the winter and create a personal wellness plan.

This webinar is free and open to those who are currently caring for a loved one as well as caregivers whose loved one has died. Join us through either Zoom or your telephone.

Participants receive a free Winter Wellness Planner!

December 13, 2023
1:00 – 2:00pm

Click [HERE](#) to register.

You will receive log in information after you register.

FOR MORE INFORMATION:

Contact [Mary Catherine Lundquist](#) at lundqumc@ubhc.rutgers.edu or call Care2Caregivers at 800.424.2494