

February is American Heart Month: Supporting Heart Health: Loving Yourself with All Your Heart



The word “heart” has many meanings—the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being.

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

February 14, 2024
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**