

Learning Caregiver Basics:

Healthy Ways to Manage Caregiver Stress

Caregivers experience long-term and ever-changing sources of stress in their lives that are difficult or impossible to avoid. This presentation describes simple healthy strategies to control stress reactions even when unable to control the causes of stress. Participants will begin their personalized, relevant and do-able personal stress management plan. 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**

April 11, 2024 | 1:00-2:00 pm

Click [HERE](#) to register.

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

800-424-2494

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University Behavioral Health Care
COPSA Institute for Alzheimer's Disease & Related Disorders