

**Self-Care for the
Caregiver:
Nurture Yourself,
Empower Your
Care**

December 4th from
7-8:30pm
EST

Join Dr. Angelica Catusco for a discussion on **practical strategies** and
the **health benefits** of practicing self-care.

Click **HERE**
to register.

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at lundqumc@ubhc.rutgers.edu

or call Care2Caregivers at 800.424.2494