

November is National Family Caregiver Month: Celebrating Caregiver Strengths



During National Caregivers Month we pause to appreciate YOU and all you do for others. Caregivers may be so busy managing daily challenges that they lose sight of their own worth and strengths.

Join us for this interactive webinar focusing on uncovering and building on YOUR strengths. Special guest appearances from Barbara, Edna and Rita at Care2Caregivers.

Log in from your computer or phone.

FOR MORE INFORMATION:
Contact **Mary Catherine Lundquist** at lundqumc@ubhc.rutgers.edu or call **Care2Caregivers** at **800.424.2494**

November 13, 2024 | 1:00-2:00 pm

Click [HERE](#) to register.

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