



Care2Caregivers

Caregiver Wellness: Proven Strategies for Stress Relief

April 2nd 7:30pm EST

Join Dr. Angelica Catusco in a discussion **targeting mindfulness & relaxation techniques, time management & self-care habits.**

By taking care of yourself, you can provide better, more compassionate care for your loved one.

Click [HERE](#)
to register!

FOR MORE INFORMATION:

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or call Care2Caregivers at 800.424.2494



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University Behavioral Health Care
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