

Stress Busting for Family Caregivers

January 7th –
March 3rd

5 P.M. - 6:30 P.M. (Every Tuesday)

512 Lakeland Rd. (Room 105)

Blackwood, NJ

This program has been highly beneficial for many family caregivers. Caregivers will learn about stress and its effects, practice stress management techniques, and develop problem solving skills. Some of the strategies include the following: breathing, imagery, humor, massage, mediation and yoga.

Space is limited to reserves a spot please contact Rose Candy at:
856-858-3220 or Rose.candy@camdencounty.com



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