

# Caring For Yourself: Stress Management and Alternative Options Workshop



Caring for a loved one can put a strain on even the most resilient person. If you're a caregiver, you must take steps to preserve your own health and well being. Join the Southern NJ Regional Early Intervention Collaborative for a workshop designed to help you, the caregiver, learn different ways to alleviate stress.

Presenters: Dawn Mittens– A parent, licensed Massage Therapist & Reiki Practitioner; Taryn Cuchinotta– Physical Therapist & Yoga Instructor; Sally Webster– Occupational Therapist.

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Where : Camden County Education Commission Building

225 White Horse Ave, Clementon NJ 08021

Saturday : May 20th , 2017 Time : 12pm-2pm

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\*\*NO SITTTER? NO PROBLEM! The kids will have their own kid friendly workshop & everyone will leave with a calming jar.

\*\*You must RSVP for this event call 856-768-6747 ext: 233 or

kimf@snjreic.org no later than 05/05/2017.\*\*