

Supporting Heart Health: Loving Yourself with All Your Heart

February 12th 1:00- 2:00 pm

The word “heart” has many meanings—the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being.

Click here to register: <https://rutgers.zoom.us/meeting/register/tJcsdeChrT0qHdVjc7ScWjkXxKJIPcWx32uK>

Caregiving and Long Term Care: Understanding Levels of Care for Meaningful Planning

February 24th 1:00- 2:00 pm

Long-term care means more than just “nursing home.” Including all the supports a person needs to maintain their quality of life as they age, long-term care can refer to a variety of settings, such as home care, adult day programs, respite, assisted living, continuing care communities, nursing homes, and hospice. This presentation helps participants consider how best to support success in the future – financial well-being, legal protection, and community assistance.

Click here to register: <https://rutgers.zoom.us/meeting/register/tJ0lcumrrzwtHtUJocdoKu204JF2Y86BxZBW>



These sessions are free and open to those who are currently caring for a loved one and for caregivers whose loved one has died. Join us for these live, interactive sessions through either Zoom or your telephone.

For more information contact Monica Townsend at mlt4@ubhc.rutgers.edu or call Care2Caregives at 800-424-2494.