

MAY EDUCATION: CARE2CAREGIVERS CELEBRATES OLDER AMERICANS MONTH

The Wisdom of Aging Well: Enhancing Well-being for Older Adults

May 28th 1-2pm

As we age, we gain experience and knowledge, and we encounter stress and challenges. We strive for positive approaches to aging well while addressing common age-related challenges. This webinar will review factors that contribute to aging well, and introduce strategies to enhance mental well-being, physical health, and a meaningful life.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJwrdeipqTsjHNVB8eLLx2pz0SiuvxP5ajmZ>



For more information contact Monica Townsend at mlt4@ubhc.rutgers.edu or call Care2Caregivers at 800-424-2494.

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 session through either Zoom or your telephone.

You will receive log in information after you register.