

Living Your Best Life for Caregivers: New Year, New Perspective

Caregivers know that getting connected to the right resources and supports can be a big help. Did you also know that cultivating the right frame of mind can make ALL the difference? Join us for this informative and interactive session on how to foster a caregiver mindset that will set you up for success and keep you going in 2022 and beyond!

This session is free and open to those who are currently caring for a loved one as well as those caregivers whose loved one has died. Join us for this live, interactive session through Zoom or your telephone.

January 20, 2022
1:00 – 2:00pm

FOR MORE INFORMATION:

Contact [Mary Catherine Lundquist](mailto:lundqumc@ubhc.rutgers.edu) at lundqumc@ubhc.rutgers.edu or call Care2Caregivers at **800.424.2494**

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJcsde6qqzloHNzqScY1lyJGN7wKx9KKxvUI>

You will receive log in information after you register.

800-424-2494

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