



## Family Support Organization of Bergen County Workshop Series

0-108 29th Street

Fair Lawn, New Jersey 07410

Questions or to Register:

Andrea Schaffel at [as@fsobergen.org](mailto:as@fsobergen.org)

Or call: 201 796-6209

**Wednesday, June 26, 2024 , 7 pm – 8:30 pm (Virtual)**

Zoom Meeting Link:

<https://holynome-org.zoom.us/j/82162926606?pwd=tcW6jLKGCBY4rxyeqcbgvyq95sa8Y2.1>

Meeting ID: 821 6292 6606

Passcode: 687761

To join the class by phone only, please dial: 1 929 205 6099 and use the above Meeting ID and Password when prompted.

# Self-Care for Caregivers: Using Mindfulness & Meditation for Reducing Stress

## Janet Post Holy Name Hospital

Utilizing mindfulness and meditation for stress reduction can help caregivers maintain a healthy, balanced lifestyle. Join us to find balance through meditation, focus our attention, eliminate stress-causing thoughts, and heal your emotional and spiritual self. Mindfulness meditation can also boost immunity, and creativity and help you meet life's challenges with more ease.

