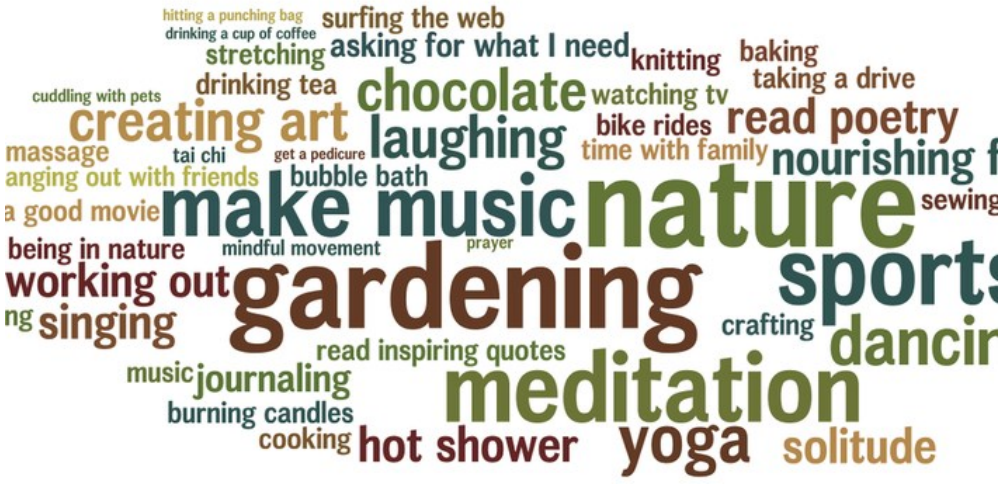

Save the Date:

Saturday, September 24, 2016
10 AM—12 PM

Caring For YOU! A Stress Management and Alternative Options Workshop

The Arc of New Jersey Family Institute

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 Arc of New Jersey Family Institute and The Arc of Somerset for a workshop designed to help you, the caregiver, learn different ways to alleviate stress.

Presenter: Dawn Mitten, is a Massage Therapist and Reiki Practioner. Dawn is also a parent with a Special needs child.

Location:
The Arc of Somerset County
Camplain Road ATC
2320 Camplain Road
Hillsborough NJ 08844

Please Register Here:

bit.ly/caringforyousomerset

The Arc of New Jersey Family Institute
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