A Free Program for Caregivers

Low Tech to High Tech: Mindfulness Tools for Caregiver Stress

Featuring

Lynn Koerbel, MPH

The Center for Mindfulness, UMASS Medical School

Tuesday July 9, 2013

8:45 - 9:15 a.m. — Registration & Breakfast

9:15 - 11:30 a.m. — Program

Pleasant Valley Country Club

95 Armsby Road

Sutton, Mass 01590

You will have an opportunity to experience a variety of mindfulness practices that can help reduce stress. Along with exploring mindful breathing and gentle stretching, we'll review some free and low-cost applications for Smartphones and other devices.

Sponsored by the Caregiver Program at Tri-Valley Inc. & CHNA 6

RSVP by June 28, 2013 to Laura Black Silver, LICSW, Caregiver Specialist, Tri-Valley Inc. 1-800-286-6640 Ext. 3079 or lblack@tves.org