

Caregiver Wellness

Sponsored by



SOMERSET COUNTY
OFFICE ON AGING &
DISABILITY SERVICES



EVENING OUT

WEDNESDAY • 4:30-6 PM
NOVEMBER 6, 2024

Somerset County Office on Aging & Disability Services
First Floor Conference Room • 27 Warren Street • Somerville, NJ

WHY? *Caregivers need to be cared for too!*

WHO? *Caregivers for an elderly individual or someone under 60.*

WHAT? *Evening of care featuring yoga, healthy coping tips, and art activity. Dinner will be provided.*

PLEASE REGISTER BY OCTOBER 30, 2024

JOIN US TO ENGAGE IN AND LEARN ABOUT SELF-CARE PRACTICES!
MEDICAL EQUIPMENT WILL BE ON DISPLAY.

Pre-registration is required due to limited space.

Register by calling Jannell Wilson, Community Educator, at
(908) 541-5747 or email at **JWilson@co.somerset.nj.us**.

