



Alzheimer's Association of  
Northeastern New York  
Chapter and Eddy Alzheimer's  
Services Presents

Caregiver Wellness Virtual  
Program: Breathing  
Exercises and Meditation



Eddy Alzheimer's  
Services

ST PETER'S HEALTH PARTNERS

**Time: Wednesday, September 16, 2020 @ 11-11:45am**

Pre-registration is Required: Please call Jon at (518) 675-7216 or email [joweaver@alz.org](mailto:joweaver@alz.org) to register.

## Take care of your physical and mental health.

This program is for the Caregivers of a loved one with Alzheimer's Disease or related dementias. This program will feature breathing exercises, creative visualization meditation and tips on reducing caregiver stress. The virtual breathing exercises and meditation session will be led by a trained instructor.

This program encourages:

- Self-care
- Relaxation
- Stress reduction

*This program is supported in part by a grant from the New York State Department of Health.*

**800.272.3900**