

CARING FOR THE CAREGIVER



Finding yourself again

Please join to learn and practice self-care strategies including Breath-Body-Mind™ techniques, Healing Touch self-care interventions and Caregiver Tips.

Find ways to take care of, and enhance compassion for, yourself and others while reconnecting with the joyous, calm parts of your life.

THURSDAY, NOVEMBER 16, 2023
3:30PM - 4:30PM

Center for Advanced Medicine & Surgery, Conference Room
122 Maple Avenue, White Plains

Facilitated by:

Laura Himmelstein, LCSW, CHTP, BBMTT2

Coordinator of the Caregiver Support & Healing Touch Programs at White Plains Hospital

Marlena Orme, LCSW

Director of the Marsal Caregiver Center at Burke Rehabilitation Hospital

RSVP by November 13 to WPH-caregiversupport@wphospital.org

Sponsored by:

The Caregiver Support Programs at
White Plains Hospital & Burke Rehabilitation Hospital

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