

# CAREGIVER CIRCLE PRESENTS:

## Complete Body Wellness

a free four part series focusing on the well-being of caregivers and their care partners



The Caregiver Circle starts Wednesday, March 22<sup>nd</sup> and is held on alternating Wednesdays from 11:45am to 1pm at River House, 125 River Road Extension in Cos Cob. Lunch will be provided. With prior arrangements, respite can be offered. Contact Lynn at 203-622-0079 to register.

The Caregiver Circle is a free four part series designed for non-professional caregivers in the community.

### SPRING 2017 SCHEDULE

#### Wednesday, March 22<sup>nd</sup> - Getting a Good Night's **ZZZZs**

A lack of proper sleep can negatively impact a caregiver's mental and physical health. Identify useful sleep practices that will help you gain some well deserved shuteye!  
*Presented by Dr. Dominic Rocca, MD, PhD, Director, Sleep Center, Stamford P.C. and Assistant Professor of Medicine, Columbia College of Physicians and Surgeons*

#### Wednesday, April 5<sup>th</sup> - **Nutriti**on to Be Enjoyed

Healthy eating can make a world of difference for the caregiver and care recipient. Discover tips and recipes that will help incorporate healthy foods into your daily regimen.  
*Presented by Cora Ragaini, RDN, Retail Dietitian, Grade A/Shoprite*

#### Wednesday, April 19<sup>th</sup> - Keeping **PHYSICALLY FIT** with No Time to Spare

The caregiver's daily schedule can be overwhelming with little or no time for routine physical exercise. Learn helpful exercises that can be practiced in a matter of minutes to help maintain your physical strength and well-being.

*Presented by Dr. Megan Bodeur, DPT, Select Rehabilitation, The Nathaniel Witherell*

#### Wednesday, May 3<sup>rd</sup> - Saying **GOODBYE** to **STRESS!**

Between work, home, and caring for another around the clock, caregivers are overloaded. Explore effective techniques to lessen the stressors in your life.

*Presented by Sheila O'Brien, Owner/Director of O'Brien Care Management Services*

Caregiver Circle is a collaboration between:



Caregiver Circle was co-founded in 2009 with the assistance of:

