Join us for a

Virtual Caregiver Conference

for caregivers of those with Alzheimer's disease and other dementias.

Mindsets and Mindfulness for Caregivers: Enhance your Resiliency to Meet the Moment

Featuring:

- Keynote presentation by National Board Certified Health & Wellness Coach Susanne Murtha
- Simple at-home guided meditation
- Short Q & A session with Susanne directly following

Wednesday, Sept. 23 **2 PM**

This FREE virtual event is being held via Zoom.

Please contact Regional Coordinator for Education and Training Services Kristen Fleming at 518-564-2049 to register.

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