Caregiver Wellness Experience

November 12

1:30pm–2:15pm

Cottage Grove District Program Center
8400 E Point Douglas Rd S
Cottage Grove, MN 55016

Free to Attend, No Registration Required!

Please be our guest for a restorative opportunity to pause, recharge, and care for yourself as you care for others in celebration of **National Family Caregiver** month.

Meditation: Give yourself permission to pause. Through guided breathing and mindfulness, meditation can help reduce stress, improve focus, and create a sense of calm.

Wellness Education: Build practical skills to support your well-being. Learn about healthy habits, stress management, self-care, and emotional wellness. You'll gain tools to help you stay healthy, balanced, and resilient.

FamilyMeans
BETTER IS POSSIBLE

In partnership with Align Optimal Wellness