

ARE YOU TAKING CARE OF YOURSELF?

Caregivers guide to putting themselves first!

Do you struggle to nurture yourself?

Do you spend too much of your time attending to others?



Are you tired, overwhelmed or feel out of control?

Are you ready to change but don't know where to start?



CHANGE YOUR MIND... CHANGE YOUR LIFE!

Taking care of relatives or friends can be stressful and challenging. Most caregivers are better caring for others than themselves. This disability conference can be a starting point for anyone seeking to learn more about making your caregiving a positive experience. It will support caregivers in their efforts to provide care to individuals with chronic illness or disabilities.

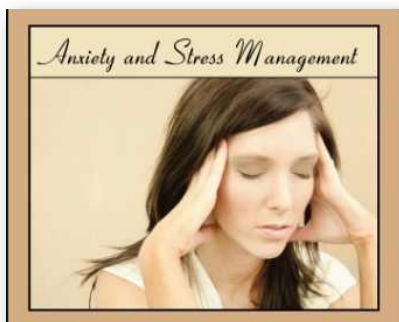
There will be a therapeutic yoga class after the lecture. RSVP required. All caregivers are encouraged to attend.

When: Friday April 15, 2011

Time: 11:30am-1:45pm

Where: YMCA of Montclair
25 Park St
Montclair, NJ 07042

Therapeutic yoga class 12:30pm-1:45pm



Please RSVP before April 1, 2011 to Clarisa Bido at 973.571.2324 or email epcoordinator@yahoo.com.

Light refreshments will be served.

Registration is limited to the first 25 people.



Guest Speaker

Dr. Lauren D.

LaPorta.

Dr. Lauren D. LaPorta, is the Chairman of Psychiatry at St Joseph's Regional Medical Center. She is Board Certified in adult psychiatry and psychosomatic medicine. She is a distinguished Fellow of the American Psychiatric Association and has earned repeat recognition by the Consumer's Research Council of America as one of America's Top Psychiatrists. Dr. LaPorta has published numerous articles and case reports in peer reviewed journals and is the author of the recently published book, "The United Stressed of America".