

Calling all Caregivers



~Care~Comfort~Connect~

Experience proven ways to manage stress;
learn where to go for support; and
how to care for yourself while caring for others

February 7th, 10 am - 12 pm

- **Nutrition**, Katlynn Ferreira, RD, MS
- **Mindfulness**, Kelly Cabral-Mosher, MSW
- **Meditation**, Justin Perrault
- **Movement**, Cam Bergeron, CSCS
- **Managing Caregiver Stress**, Grant Pike, MSW, LCSW

Lunch:
Lobster
Mac 'n Cheese



Please RSVP to 508-991-6170
or csullivan@coastlinenb.org

Buttonwood Senior Center
1 Oneida Street
New Bedford, MA 02740



Age-Friendly New Bedford helps residents of all ages stay active, safe, healthy, and connected.