



Alzheimer's  New Jersey®



A CAREGIVER WELLNESS MORNING

At Olde Mill Inn

22nd
October

| THURSDAY |

9:30am-
12:00pm

Wellness. Relaxation. Connection.

225 US-202, BASKING RIDGE, NJ 07920

Are you caring for a loved one with dementia?
Alzheimer's New Jersey invites you to a FREE event
highlighting self-care, relaxation, and connection.

Immerse yourself in wellness workshops, connect
with fellow caregivers, and prioritize your wellbeing.
Includes continental breakfast.

Registration is required.

Call 888-280-6055 or visit us at alznj.org



A CAREGIVER WELLNESS MORNING SCHEDULE

9:30-10:30am

Continental Breakfast

10:30-11:15am

Tai Chi with Balance & Flow® Studio

11:20-11:40am

Make & Take: Aromatherapy

11:45-12:00pm

Raffle Giveaways

***5 Minute Chair Massage**
available throughout the event provided by
Jennifer Z. Terrizzi – Licensed Massage Therapist

