



CARING FOR OTHERS SUPPORT GROUP

Do you provide physical or emotional care, transportation, meals, personal care or companionship for someone else? As a result, have you ever felt angry, depressed, frustrated, isolated, resentful or burned-out? If so, you could benefit from the Caring for Others group! Join us for a presentation and time for questions and answers on a variety of topics. During this program, you are welcome to listen, ask questions, or participate if you desire. Guests are welcome to join you!

MEETING LOCATION:

All meetings will be held at the Center for Rehabilitation (Building C), 3190 E. Midland Road, located on McLaren Bay Region's West Campus.

RSVP by calling toll-free 1-877-411-2762 anytime or online at www.mclaren.org/BayClasses.

There is no cost to participate in any of these programs.

TUESDAY, JANUARY 18, 2022 AT 3:00 P.M.

TAI CHI

SpeakerS: *Amanda Fabera, Physical Therapist and Marty Krzyminski, Occupational Therapist, McLaren Inpatient Rehab Unit*

Tai Chi is an ancient practice of combining slow, deliberate movements, meditation, and breathing exercises that can improve blood circulation, alignment, and balance, and restore your energy.

TUESDAY, FEBRUARY 15, 2022 AT 3:00 P.M.

HOW REGION 7 AREA AGENCY CAN HELP YOU (RESOURCES, SERVICES AND SUPPORTS)

Speaker: *Connie Garcia, LBSW, CDP, Region 7 Area Agency on Aging*

TUESDAY, MARCH 15, 2022 AT 3:00 P.M.

HOW TO PRACTICE MINDFULNESS TO HELP REDUCE STRESS

Speaker: *Crystal Waugh, Therapist, McLaren Partial Hospitalization Program*

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.