Caregiver Winter Wellbeing Series

Dates: Tuesdays, March 12, 19, April 2
   Monday: April 8, 15, 22

Time: 10 - 11:30 a.m.
Place: Vancouver VA, Columbia Room (Barnes - Bldg. 11)
Register: Call the Caregiver Support Program at (503) 273-5210

The Caregiver Support Program is offering a six week Wellbeing Series. An experiential opportunity to engage in activities to enhance overall well-being.

   Week 1: Mind – Whole Health & Mindfulness
   Week 2: Body – Yoga
   Week 3: Spirit – Healing Touch as self-care
   Week 4: Mind – Yoga Nidra
   Week 5: Body – Nutrition/Recharge
   Week 6: Spirit – Creative Writing

For more information, contact your Caregiver Support Coordinator at (503) 273-5210

U.S. Department of Veterans Affairs