



Schenectady County
Department of
Senior & Long Term
Care Services

Self-Care for Caregivers

Monday, August 19th, 1:30 p.m. to 2:30 p.m.

Yoga for Caregivers—

Too often as caregivers we put the needs of others before our own, and while we mean well, this can lead to stress and burnout. This introductory yoga class offers simple approaches to balancing your physical, mental, emotional and energetic well-being through breath work, movement, affirmation and guided meditation.

Presented by: Mary Clare O'Connor—Yoga Bliss on the Blvd.

Caregiver
Program

Program held at:
Glenville Senior Center
32 Worden Rd.
Glenville, N.Y. 12302

Questions?

Contact Wendy Petroci
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