



Schenectady County Caregivers Program

Self-Care for Caregivers

Aroma Therapy
September 18, 2019
1:30 - 2:30pm
presented by Terry Quigley

**Physical Wellness,
What is it?**
October 23, 2019
1:30 - 2:30pm
*presented by Cathy Winslow
& Cheryl Valachovic*

Glenville Senior Center
32 Worden Road
Glenville, NY 12302

Too often as caregivers, we put the needs of others before our own. This can lead to stress and burnout. Make sure to join us for any of our Self-Help for Caregivers Programs to help support your emotional, spiritual and physical well being.

Aroma Therapy: Learn how to use Essential Oils to purify your home and keep your family and pets healthy.

Physical Wellness, What is It? Learn the benefits of exercise - relieve stress, strengthen muscles, and avoid injuries.

For more information contact:
Wendy Petroci
Family & Caregiver Social Worker
(518) 382-8481 x9-308



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