



Release & Rest:

Self-Care Practices for Caregivers

Are you someone who helps care for others?

Caring for aging parents | Working in healthcare settings | Raising children or providing respite

**This interactive online workshop is being offered for anyone who provides care.
Join us - in the midst of the mess - if you want to:**

-  Learn practical strategies for managing overwhelm and identifying priorities
-  Experience mindfulness tools to use in everyday life and gain resources for further exploration
-  Build self-compassion and rediscover energy to sustain your caregiving

*Saturday,
January 22nd
2-3pm*

Register for this free online event,
at www.wholelifeotnc.com

*Tuesday,
February 1st
7-8pm*

Questions? Email Lindsay at wholelifeot@gmail.com.