Massage

Reversing the Roles: Being Cared For
Yoga

- Connecting mind and body
- Breathing and stretching
Tai Chi
Generating Energy
Group Discussion

Sharing & Honoring the role of the caregiver

Why did you become a caregiver?

Do you remember the moment that you knew?
Lunch

Good food &
community
Laughter
Guided Visualization

Relaxation and insight
Creativity
Relaxation
Making ideas tangible
Connection, Insight and Expression
Visioning the caregiver you want to be
On-the-job interventions for professional and family caregivers