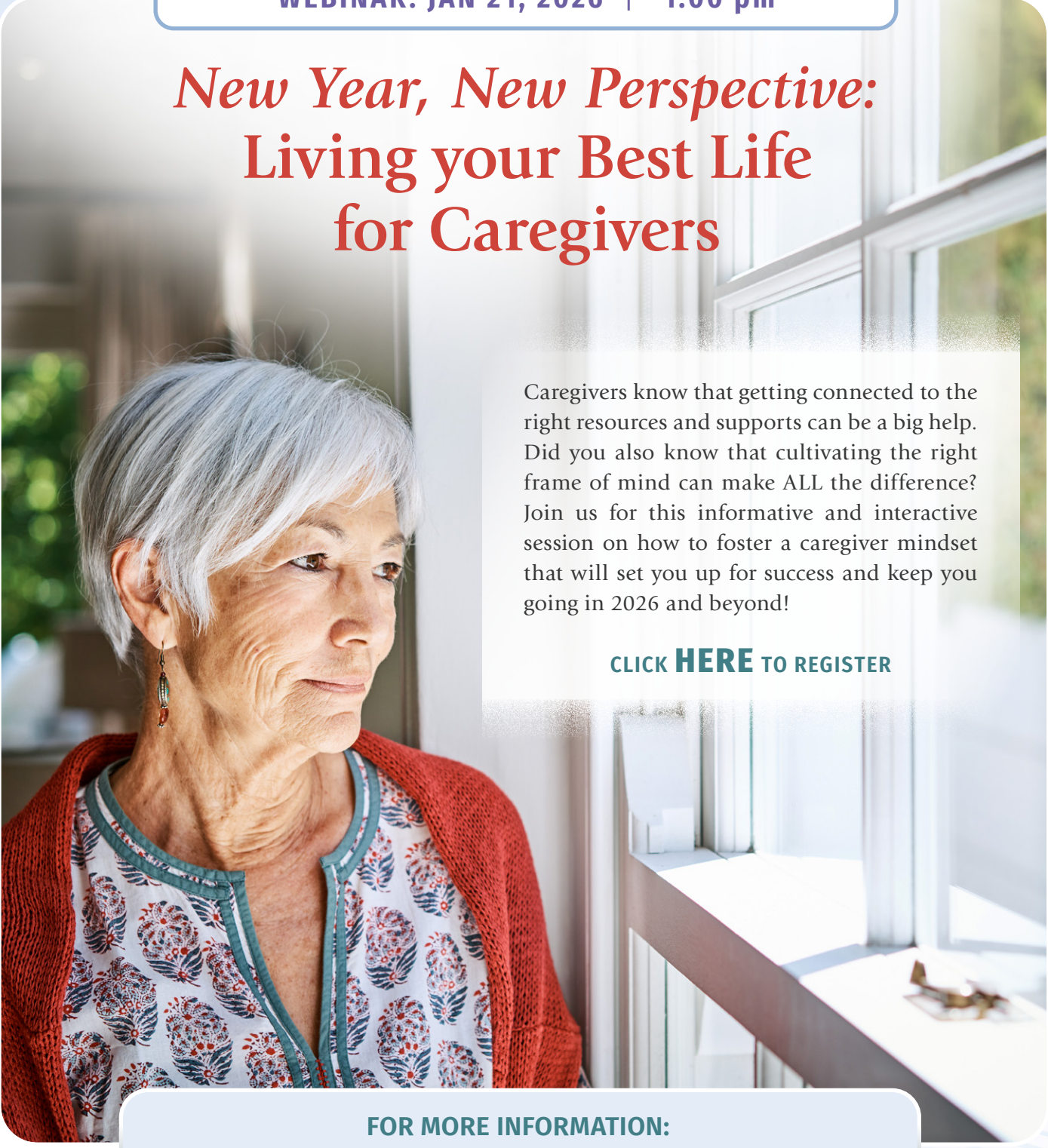


WEBINAR: JAN 21, 2026 | 1:00 pm

New Year, New Perspective: Living your Best Life for Caregivers

A photograph of an older woman with short, wavy grey hair, looking out a window. She is wearing a red cardigan over a white top with a colorful floral pattern. The background shows a bright window with white frames and a view of greenery outside.

Caregivers know that getting connected to the right resources and supports can be a big help. Did you also know that cultivating the right frame of mind can make ALL the difference? Join us for this informative and interactive session on how to foster a caregiver mindset that will set you up for success and keep you going in 2026 and beyond!

CLICK **HERE** TO REGISTER

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at: lundqumc@ubhc.rutgers.edu
or call Care2Caregivers at: **800.424.2494**