

WEBINAR: FEB 4, 2026 | 7:00pm

Caring for Them, Caring for You: **Nervous System Regulation in Dementia Caregiving**

Join Dr. Angelica for an educational session for caregivers of individuals living with dementia. Learn about how stress is held in the body, how caregiving roles can disrupt regulation and rest, and how intentional, body-based practices can help caregivers feel more grounded, resilient, and supported. Practical strategies will be shared to help caregivers regulate their own nervous systems so they can continue providing care with greater steadiness, compassion, and sustainability.

CLICK **HERE** TO REGISTER

FOR MORE INFORMATION:

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



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