

WEBINAR: FEB 18, 2026 | 1:00 pm

Supporting Heart Health:

Loving Yourself with All Your Heart

The word "heart" has many meanings — the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being. This session is free and open to those who are currently caring for a loved one as well as those caregivers whose loved one has died. Join us for this live, interactive session through Zoom or your telephone.

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FOR MORE INFORMATION:

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