

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.

CLICK **HERE** TO REGISTER

### FOR MORE INFORMATION:

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or call Care2Caregivers at: **800.424.2494**