

An Introduction to

TELE-MINDFULNESS

for Caregivers

A free online webinar

Family Caregiver Day

**TUESDAY
APRIL 2nd**

1:15 PM to 2:00 PM



Tele-Mindfulness for Caregivers is a meditation group which meets via video conferencing.

The group has shown a positive impact on managing stress and coping with challenging emotions, for those caring for a family member or friend living with dementia.



Learn about and practice mindfulness meditation in this Live Interactive Presentation with:

Gita Lakhanpal, OT Reg(Ont), R.P., MES

Educator, Mental Health Clinician

The Reitman Centre, Mount Sinai Hospital

Register Online at:

<http://www.dementiacarers.ca/tele-mindfulness>



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