

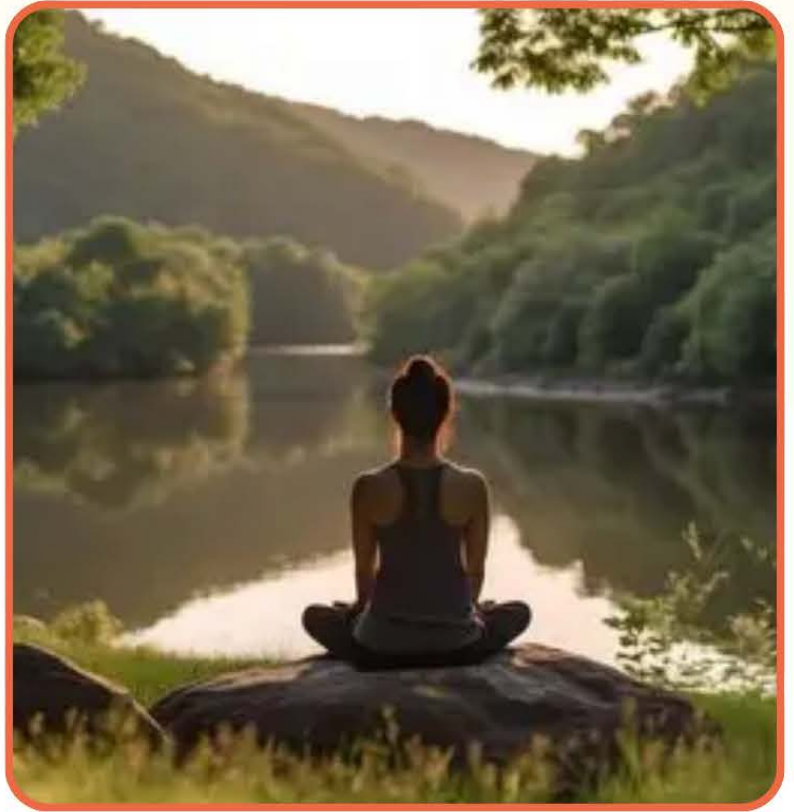


Dementia Care

PARTNERS SUPPORT

NEEDHAM COMMUNITY COUNCIL

Mindfulness Meditation for Care Partners



WHAT: Caring for someone living with dementia can be rewarding, but it can also be stressful and overwhelming. This 8-week mindfulness meditation program offers simple, practical tools to help care partners reduce stress, navigate difficult emotions, and practice greater self-compassion.

WHERE: Virtual via Zoom

WHEN: Starting Wednesday, September 23rd, and continuing for 8 consecutive Wednesdays: September 23, 30; October 7, 14, 21, 28; November 4, 11

TIME: 10:00 AM to 11:00 AM

RSVP: Stephanie Knoch to sknoch@needhamcouncil.org or (781) 444-2415 Ext. 2030



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www.needhamcouncil.org/dementiacare