

# Health Services Advisory Group (HSAG) Invites You to Attend the Behavioral Health (BH) Webinar

## Finding a Better Balance: Mindfulness Practices for Caregivers Friday, May 10, 2019 • 9–10 a.m. PT (12 noon ET)

HSAG invites you to participate in a BH educational webinar to help find better balance being a caregiver and taking care of yourself. Caregiving can take an emotional and physical toll without vigilance and support. Compelling scientific studies illustrate how mindfulness meditation practices can counteract negative effects of chronic stress on our minds and bodies. Learn how to protect yourself and others from burnout and help loved ones stay at home for as long as possible.

### Learn from our subject matter expert:

- What the term “mindfulness” means
- How mindfulness can:
  - Positively influence well-being
  - Increase stress resiliency
  - Increase confidence in the caregiver
- Simple ways to integrate mindfulness into daily routine

Please share information about this no-cost webinar with your friends, family, and colleagues.

**We look forward to having you join us!**



Maribeth Gallagher, DNP, is a board-certified psychiatric nurse practitioner with a doctoral degree in nursing. She serves as the Director of the Dementia Program at Hospice of the Valley in Phoenix, Arizona and as an expert clinician for a pre-hospice program called Palliative Care for Dementia. Dr. Gallagher is a Fellow in the American Academy of Nursing. Her work with Hospice of the Valley's dementia program was awarded first place by the International Journal of Palliative Nursing in London. Dr. Gallagher's commitment to optimizing dementia care was initially inspired by her own experiences as a family caregiver. She is a mindfulness-based stress reduction teacher and practitioner, certified by the Center for Mindfulness at the University of Massachusetts Medical School.

**Register Today!** <http://bit.ly/2uujWRe>

### HSAG Behavioral Health-Related Resources:

HSAG BH Webinar Series, visit: <https://www.hsag.com/bh-webinar-series>

Additional BH Resources, visit: <https://www.hsag.com/bh-resources>



### Webinar Questions?

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### Registration Questions?

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