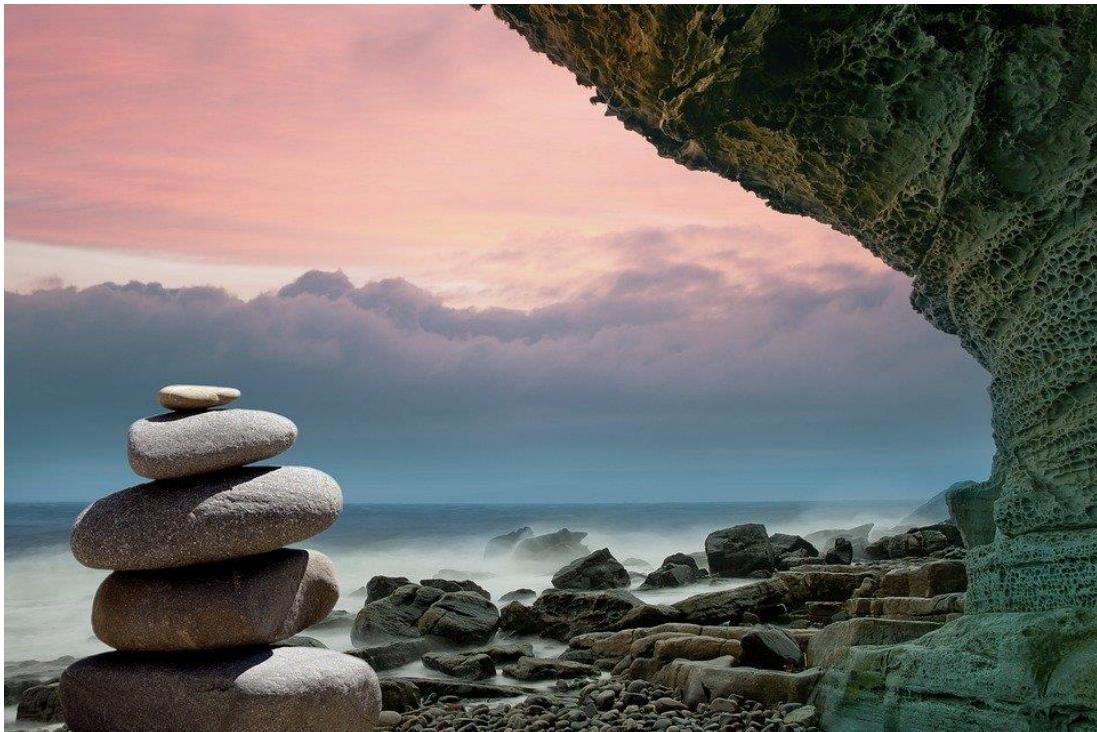


# Caregiver Webinar Building Wellness to Manage Challenges



Join *Rutgers University Behavioral Healthcare Comprehensive Services on Aging (COPSA)* for a live webinar that will explore wellness strategies and resources to help manage challenges and uncertainty.

**Tuesday, July 28, 2020 @ 11am**

**To register, go to:**

<https://rutgers.webex.com/rutgers/k2/j.php?MTID=t7fc8075f7cd74fc6a03352a3c19d3546>

For more information or registration assistance, contact Monica Townsend at  
[mlt4@ubhc.rutgers.edu](mailto:mlt4@ubhc.rutgers.edu)

732-235-4356 or 1-800-424-2494