



## Mindfulness for Caregivers

**Speaker:** Robert Saper, MD

**Location:** Virtual | [ccemployeehealth.com/wellness-insider](https://ccemployeehealth.com/wellness-insider)

**Wednesday, March 4 | noon - 1 p.m., EST**

### **Objectives:**

1. Discuss the foundational principles of mindfulness.
2. Review the evidence for improving the wellbeing of caregivers.
3. Introduce practical strategies to integrate mindfulness into daily routines in order to reduce stress, enhance self-awareness and strengthen emotional self-regulation.

**All caregivers are welcome to attend this presentation.**