

A FREE Caregiving Wellness Seminar

Be Well, Reduce Caregiver Stress

Featuring Guest Speakers Pamela Feinberg-Rivkin, RN, CCM and Sarah Fink, MPH



Caregiving is demanding and difficult work—both physically and emotionally—and it can take a toll over time. While providing care for a chronically ill family member can be richly rewarding at times, it can also be considerably burdensome. Circumstances that are often beyond your control and seem to go on endlessly can result in chronic stress. If left untreated, it may affect your health and your ability to care for a loved one.

Learn from two accomplished health care professionals how to reduce stress and restore balance in your daily life. Pam Feinberg-Rivkin is the President and Owner of Feinberg Consulting, a case management firm. She brings over 30 years of health care experience. Sarah Fink, is the Co-founder and President of YogaMedics, LLC, and a public health scientist. Together they will help you to:

- Identify healthy and unhealthy stress
- Reduce stress with specific strategies and tools
- Accept and develop a support team to lessen your burden

Join us for this special program designed to help you manage the stress that may be affecting you and your caregiving duties. Seating is limited, so make your reservation early. Light refreshments will be served.

Wednesday, October 14, 2009
6:30 p.m. to 8:00 p.m.

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Call 248-644-8100 or email
binghamfarms@arden-courts.com
to reserve your seat at this event.

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