

CAREGIVER MINDFULNESS RETREAT

Join Middlesex County Office of Aging and Disabled Services for this free outdoor event designed for caregivers to focus on self-care, mindfulness and learn tips on how defeat caregiver burn out.



June 28, 2024

Rutgers Gardens

112 Log Cabin Rd
New Brunswick, NJ 08902

9:30am - 12:30pm

Registration is required by **June 24, 2024**.

To register:

Email mcoads.events@co.middlesex.nj.us, call **732-745-3295**, visit shorturl.at/xGMN1, or scan here:

