



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 27, 2025

9:30am–12:30pm

Rutgers Gardens

112 Log Cabin Rd
North Brunswick, NJ 08902

Registration is required by **June 20, 2025**.

To register: Please email
mcoads.events@co.middlesex.nj.us,
call **732-745-3295**, visit
shorturl.at/XmmPZ, or scan here:

