

# 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](mailto:mcoads.events@co.middlesex.nj.us), call **732-745-3295**, visit [shorturl.at/xGMN1](https://shorturl.at/xGMN1), or scan here:

