

Mercy Care is hosting a Caregiver Support Session on Self Care. Please share with your caregivers below. All are welcome to attend.

Caregiver Support Session-Self Care is coming up soon on Tuesday, August 25th from 5:30-7:00 p.m.

Caregiver Support Session - Self Care

Tuesday, August 25, 2026 5:30 PM - 7:00 PM(UTC-07:00) Arizona

Public event

Details

Caring for others starts with caring for yourself. In this engaging and supportive session, caregivers will discover practical, easy-to-implement strategies for maintaining their own well-being while providing care to loved ones. Together, we'll explore simple habits that can help reduce stress, boost energy, improve physical and emotional health, and create a greater sense of balance in daily life. Whether you're new to caregiving or have years of experience, you'll leave with valuable tools, fresh perspectives, and the confidence to prioritize your own health so you can continue supporting others at your best.

Go to QR Code or link below to register:



Link: bit.ly/4bCrrKU

<https://events.teams.microsoft.com/event/10daa7f5-574c-400a-9cf3-12d4b0054594@fabb61b8-3afe-4e75-b934-a47f782b8cd7>