

Caring for the Caregiver

Join The Wellness and Integrative Oncology Program for an educational and supportive program for caregivers.

1 to 2 p.m.

Virtually via Zoom
until further notice.



2021 Schedule

2 nd Tuesday	January 12	July 13	January 27	July 28
	February 9	August 10	February 24	August 25
	March 9	September 14	March 24	September 22
	April 13	October 12	April 28	October 27
	May 11	November 9	May 26	November 24
	June 8	December 14	June 23	December 22
		4 th Wednesday		

Topics include:

- Strategies for self-care
- Mindfulness and relaxation
- Stress, worry, anxiety, and compassion fatigue management
- Keeping active

Occasional guest speakers will participate including dietitians, social workers, and others who focus on self-care and wellness.

Registration is not required. Please email Joni Sturgill at jonisturgill@gmail.com or Christie Santure at santurec@upmc.edu for meeting link, ID, and password. For more information, call 412-692-4724.



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