



Catching Your Breath

A Michigan Alzheimer's Disease Center program for family caregivers.

Catching Your Breath is a monthly wellbeing and mindfulness program *for family caregivers of adults living with a dementia.* We currently do not offer programs to professional caregivers.

Catching Your Breath is currently offered *virtually.* You may choose to attend one or all sessions. The program varies each month and newcomers are welcome at any time.

This program is part of the Michigan Alzheimer's Disease Center Wellness Initiative and is led by Laura Rice-Oeschger, LMSW.

To register

Register online at alzheimers.med.umich.edu/catching-your-breath

After registering, you will be sent connection information for the virtual session.



“ Wellbeing is attained little by little, and nevertheless is no little thing itself. ”

- Zeno of Citium

*Summer &
Fall 2021*

Virtually on Zoom

Mondays

10:00 - 11:30am

July 12

August 9

September 13

October 11

November 8

December 13