



# 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](https://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

2022

Virtually on Zoom

Monthly

Every Second Monday

10:00 - 11:30am

January 10

February 14

March 14

April 11

May 9

June 13

July 11

August 8

September 12

October 10

November 14

December 12