



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CARING FOR THE CAREGIVER

## HOW TO CARE FOR YOURSELF WHEN YOU'RE THE CAREGIVER

Tuesday, January 23 at 11:15 am

YMCA Lobby – FREE and open to the community

To be a good caregiver you must take good care of yourself - your health and welfare are important in your caregiving role! There are many ways to do this and Pat Newmann, Licensed Clinical Professional Counselor, will help you remember ways to care for yourself.

### Your Role as Caregiver

Being a caregiver is just one facet of your life. While caring for your loved one is important, you have other commitments, too, the most important of which is taking care of you.

### Finding Balance

In order to care for someone else you must make sure that you are in good working order which includes:

- Eating Right
- Exercising
- Getting Enough Sleep
- Having a Social Life

### A part of the NSYMCA ADULT EDUCATION SERIES

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