



Selfcare for the busy care partner

Take some time for yourself this summer. Stay healthy and well so you can provide the best care for your loved one. Learn how to find time in your busy schedule, to create a self-care plan that works for you in as little as 5-30 minutes a day. Learn how to take small steps and implement strategies to find the time to:



Eat better



Sleep better



Find energy



Find motivation



Have fun



Calm the stress

This a 6-week virtual group program

Weekly zoom meeting , Wednesdays 7:00-8:00 pm EST (Replays made available)

The program is led by Kristin Stapleton, a Board-certified Health Coach, and owner of Kristin Lee Wellness. Kristin was also a caregiver to her mother who was diagnosed with Parkinson's Disease at the age of 48. Kristin has been an active volunteer with the APDA for 25 years and is currently serving as President of the Massachusetts Chapter.

Begins Wednesday, Aug 10

Register for FREE at
kristinleewellness.com