



# Caregivers Stress Management Workshop

Monday, March 29

12pm - 1pm

Via Zoom

Presented by the Caregivers Center

Please join us virtually in a workshop to explore alternative stress management practices for family caregivers. Session presented by Dana Bordsen, ATR-BC, LCAT, UZIT. Dana is a licensed Creative Arts Therapist and Certified Urban Zen Integrative Therapist, specializing in anxiety, grief/loss, stress management and wellness.

▼ **Space is very limited. Please contact Vincent Ortolani at [vortolani1@northwell.edu](mailto:vortolani1@northwell.edu), or call (631) 548-6259 to register and obtain your Zoom invitation link.**