

Brought to you by the Camden County Board of Commissioners

Stress Busting for Family Caregivers

April 9th -
June 4th

6 PM - 7:45 PM (Every Wednesday)

St. Mary's Villa

220 St. Mary's Drive, Cherry Hill, NJ

This program has been highly beneficial for many family caregivers. Caregivers will learn about stress and its effects, practice stress management techniques, and develop problem solving skills. Some of the strategies include the following: breathing, imagery, humor, massage, meditation, and yoga.

Space is limited. To register:
camdencounty.info/StressBusting2025
or contact Erin Gabriel at:
(856) 374-2582 or Erin.Small@CamdenCounty.com



Making It Better, Together.

Get Connected



CamdenCountyNJ

CAMDENCOUNTY.COM