

VIRTUAL SUMMER WELLNESS SERIES FOR THE CAREGIVER IN ALL OF US

Hosted by The Bristal Assisted Living

The Covid-19 pandemic can leave us feeling stressed and generally feeling down in these uncertain times. If you are a caregiver, either professionally or for an older family member, taking care of yourself is more important than ever. This seminar series will give you the tools for self-care during the summer as you take care of yourself and those around you.

SESSION DATES

MONDAY, JULY 13TH | 7:00PM

Registered and Certified Dietitian Nutritionist Debra Spector will discuss the effects of aging and warmer weather on our metabolism and how we can pro-actively respond with phytochemicals and nutrients to feel, look, and function better all summer long.

MONDAY, JULY 20TH | 7:00PM

Physical Therapist Stephen Joseph from PRN Physical Therapy will guide us through using household items to help us stay flexible, fit, and feeling fine. Learn how to gain strength, increase range of motion, and improve balance for you and the older adults in your life.

MONDAY, JULY 27TH | 7:00PM

Board Certified Health and Wellness Coach Gail Janicola will teach us how to boost and protect our health and the health of our loved ones. Evidence shows by focusing on “wellness” we can strengthen our immune system while enriching our lives and the lives of those around us.

RSVP

PLEASE RSVP AT LEAST 24 HOURS BEFORE THE SCHEDULED PRESENTATION BY CONTACTING:

Julie Wexler, Director of Business Development
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You will receive the Zoom link a couple of days before the scheduled event.

The Bristal
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