

Caregiver Education:

Resilience and Stress-Reduction Techniques: Mindfulness, Yoga, and Qigong



Tuesday, April 8, 2025 | 4:30–6 PM

Online via Zoom

This virtual workshop will help participants better identify and understand stress that can accompany caring for someone living with memory and thinking changes. Participants will also learn about and have the opportunity to sample various resilience-building practices, especially mindfulness, yoga, and Qigong. No experience needed!

Instructor: Michelle Barclay, MA, RYT200, is a certified yoga teacher with advanced training in Mindfulness-Based Dementia Care who has spent the past 30 years working to help older people thrive, especially those with chronic conditions, including dementia.

Registration: Registration is required by Friday, April 4. To register, contact Lyngblomsten Community Services at (651) 632-5320 or caregiving@lyngblomsten.org. Registrants will receive a confirmation email with instructions for logging into the presentation via Zoom.

Cost: A suggested contribution will be requested by mail from participants after the presentation.

More about Lyngblomsten Caregiver Services

Through Lyngblomsten Community Services, we provide individualized support and resources to family caregivers of older adults specializing in memory loss support and services. The services we offer include information about local resources, memory loss caregiver support groups, caregiver training and education, and a daytime enrichment program for adults with memory loss (which provides respite for their family caregivers). Our caring, trained staff are ready to listen to your story and help you take the next step on your journey. Contact us at (651) 632-5320 or caregiving@lyngblomsten.org, or learn more at www.Lyngblomsten.org/Caregiving.