

In Partnership with PCOM and
Independence Blue Cross Foundation

CAREGIVER WELLNESS PROGRAM

A WORKSHOP IN CARING FOR YOU

Webinar Session Dates

AUG. 11TH, 18TH, 25TH

SEP. 1ST, 15TH, 22ND

3 P M - 4 P M

Gift of Life Family House and PCOM Family Medicine are partnering to help transplant caregivers strengthen their sense of wellness in mind and body

Sessions 1-3 focus on self-care, stress-management and improving your sense of personal well-being amid the challenges of life.

Sessions 4-6 explore sharpening your problem-solving skills, effectively managing your time, energy, and financial demands, and strengthening your communication skills.

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GIFT of LIFE
Family House

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COLLEGE OF
OSTEOPATHIC
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