

Hudson Valley Hospital Center's Caregiver Wellness Workshops ~ 2010

29 percent of adults in the United States are Caregivers. With the 65+ age group expected to double to 72 million by 2030, family members are increasingly providing care for aging parents, siblings and friends, many of whom have one or more chronic conditions and who wish to remain in their own homes. These staggering figures, recently released by the United Nations Council on Aging, are why Hudson Valley Hospital Center has formed new Caregiver Wellness Workshops.

Family members and caregivers are so involved in helping a loved one, they sometimes neglect themselves. Providing support for caregivers gives them an outlet to share their emotions and to gain valuable information. The workshops give caregivers support, with information from neurologists, nutritionists, wellness coaches and gerontologists.

Hudson Valley Hospital Center, in cooperation with Entergy, is proud to announce two locations for "The Caregiver Wellness Workshops" for 2010.

The first meets on the 2nd Wednesday of each month in the Hudson Valley Hospital Center's Dempsey House Conference Room, 1992 Crompond Road, Cortlandt Manor from 2:00-3:00pm, Feb 10th, Mar 10th, April 14th and May 12th

The second will meet at Graymoor, St. Francis Convent, 41 Old Highland Turnpike, Garrison from 1:15pm-2:30pm, Wednesday, February 3rd and Tuesday, March 2nd.

The groups are open to the public, especially those who are caring for a loved one with a chronic disease.

For more information or to register to attend call 914-734-3794.