



PATIENT & CAREGIVER EDUCATION

Caregiver Event: Guided Relaxation Exercise Workshop

November is National Caregivers Month!

The role of the caregiver is a complex one and the challenges facing the caregiver often go unrecognized. This is true more than ever during the COVID-19 pandemic. MSK wants to recognize and honor your support to those you care for. Please join us in recognizing YOUR hard work at any of our events!

Guided Relaxation Exercise Workshop

Rachel Warbet, LCSW will lead an experiential exercise with visualizations and suggestions to induce relaxation and practice healthy breathing techniques, immediately following the regular virtual caregiver support group from 5:30 PM - 6:30 PM

Presenter: Rachel Warbet, LCSW

Audience

This online program is for caregivers of MSK patients.

Contact

For more information and to register for sessions please email:
forcaregivers@mskcc.org