

The Rutgers Community Living Education Project (CLEP) presents

Prioritizing Your Health and Well-Being:

A Webinar Series for People with Intellectual/Developmental Disabilities, Caregivers, and Support Professionals



TUES.
FEB 27
12 - 1 PM

REGISTER

Mental Benefits of Exercise and Mindfulness Practices

This session will share the general benefits of exercise on the mind and body. Attendees will learn specific mindfulness practices to implement into their daily life to help manage stress, enhance sleep, boost self-esteem, and improve overall outlook.

Dr. JoAnne Bullard, CMPC

Associate Professor, Health and Exercise Science; Rowan University

WED.
MAY 15
12 - 1 PM

REGISTER

Optimizing Health Outcomes for Individuals with Intellectual and/or Developmental Disabilities

According to the Surgeon General's call to action to improve the health and wellness of people with disabilities, "Good health means the same thing for everyone and that the best possible health status and quality of years of life should be a goal for everyone, whether experiencing a disability or not." This interactive webinar will address ways to break down barriers to healthcare, optimize preventive screenings, and boost overall health and wellness.

Laura O'Reilly-Stanzilis, RN

Health and Disabilities Advocate

TUES.
MAR 19
12 - 1 PM

REGISTER

Caregiver Stress & Burnout: How to regain a sense of balance in your life

Long-term caregiving can be a fulfilling experience, but it can also be challenging and emotionally taxing. If left unmanaged, the stress of caregiving can lead to burnout, which can affect your physical and mental health, relationships, and overall well-being. This can also impact the person you're caring for, making it crucial to prioritize your own self-care. This session will cover the common and uncommon signs of caregiver stress and burnout, along with tips to lighten the load, avoid burnout, and find balance in your life.

Jannell Wilson, MSW, LSW

Community Educator, Project Lifesaver & PASP Coordinator, Somerset County Office on Aging & Disability Services

+ More webinars to come!



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Learn more about CLEP at

clep.rutgers.edu

