



GNJ Caregiver's Lounge

- Peer Support
- Stress Relief
- Emotional Nurturing
- Self-Care Strategies
- Resource Access
- Education & Empowerment
- Social Engagement
- Time for Yourself
- Inspiration & Motivation

Starting September 6th

**Every Other
Wednesday**

5:00pm – 7:00pm

WHERE:

Genevieve N. Johnson Senior Center

4817 Blagden Avenue, NW

Washington, DC 20011

Phone: 202-723-8537

www.GNJSeniordaycare.com

