



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**YOUR WELLNESS  
MATTERS**

# CARE FOR THE CAREGIVER

**Four Part Workshop**

**Monday Evenings / 6:00 - 7:00 pm**

**April 17 & 24, May 1 & 8**

**Altru Family YMCA - Altru Outreach Room**

**Free to members and general public.**

A four-part workshop in which participants will explore the importance of self-care. We look at practices and frameworks that can help support our own wellness so that we, in turn, can share that with others. Finding balance in our life and creating healing environments in our surroundings can help to reduce the incidence of compassion fatigue and burnout which is so commonly seen in caregivers. Prevention is the key!

**April 17: "Its all about me"**

Self care activities, managing stress, benefits of true relaxation.

**April 24: Expanding Our Wellness To Assist Others**

Our level of wellness, strengthening interpersonal relationships, forgiveness & letting go.

**May 1: Creating a Healing Environment**

Creating an environment to support healing, reduce chaos, and create natural rhythms.

**May 8: "Pulling it all together"**

Healthy routines, embracing change and conserving energy.

**PLEASE REGISTER AT Y MEMBER SERVICES OR CALL: (701) 775-2586**

**Instructor: Nan Cicha, RNC, WHCNP, CHTP/I** is a Nurse Practitioner with a strong clinical background in preventive health. Nan has a Certificate in Herbal Therapy from Normandale College and continues to study and research herbal and other holistic methods through the Midwest School of Herbal Studies. She is a Certified Kripalu Yoga Instructor teaching classes for both adults and children. Nan provides consultation services and teaches several ongoing wellness classes in the community and surrounding area. She is a member of Healing Beyond Borders, The American Holistic Nurses Association, Kripalu Yoga Teachers Association, and the North Dakota Society of OBGYN, Altru Health System.