



— NEW JERSEY —



Presents

## Family/Caregiver Wellness Retreat

Saturday, May 10th 2014 | 9-4

The **Family/Caregiver Retreat** is designed to educate, raise awareness, and impart the importance of self care and sustainability across the lifespan of caring for a person with developmental and intellectual disabilities.

At the retreat, which takes place at the relaxing and picturesque setting of Camp Merry Heart's facility, parents and caregivers will:

- **Learn** about disability supports and services in New Jersey
- **Learn** how to manage chronic stress
- **Learn** how to maintain weight with physical activity and exercise
- **Develop** strategies to improve overall wellbeing by building healthy living into the family lifestyle
- **Connect** and network with other families and caregivers
- **Discuss** topics including caregiver demands, extensive time and financial obligations, daily stressors affecting the marital relationship, balancing needs of other siblings, finding child care to support employment, & more
- **Enjoy** a complimentary light breakfast and luncheon

**Presenters:**

**Desirée Suter, Founder, Special Needs Parent Café**

**Laura O'Reilly, Developmental Disabilities Nurse & Fitness Professional**

**James Richardson, Certified Holistic Health Counselor**

Easter Seals New Jersey has been enriching the lives of people and families with disabilities by helping them live, learn, work and play in their communities for over 65 years.

### Cost: \$65 per person

- Includes light breakfast and luncheon
- Wellness information sessions and activities
- Resource packets

### Location:

Easter Seals New Jersey's  
Camp Merry Heart  
21 O'Brien Road  
Hackettstown, NJ 07840

### Register / More Information:

Register at [eastersealsnj.org](http://eastersealsnj.org)  
or contact Laura O'Reilly, R.N.,  
AVP Health & Wellness, at  
[bewell@nj.easterseals.com](mailto:bewell@nj.easterseals.com)

[eastersealsnj.org](http://eastersealsnj.org)

# Family/Caregiver Wellness Retreat | Saturday, May 10th 2014

## Schedule of Events

### 9–10 am

- Arrival / Check-in | Continental Breakfast

### 10–10:15 am

- Opening Remarks

### 10:15–11 am

- **Keys to Healthy Living: Nutrition, Exercise, Stress Reduction, Sleep and Perspective** | Presented by *Laura O'Reilly, R.N., AVP Health and Wellness, Easter Seals New Jersey; Member of Developmental Disabilities Nurses Association; Certified Personal Trainer; Yoga Instructor*

### 11:15 am–12 pm

- **Building Supports and Structure for Family Resilience** | Presented by- *Desiree Suter, M.A., Owner and Founder, Special Needs Parents Café; Parent-to-Parent Coach*

### 12–1 pm | Lunch

**Activities for Stress Reduction, Life Force and Vitality** (please select ONE from each session)

### 1–1:50 pm

- \_\_\_\_\_ **Everyday Uses of Essential Oils for the Special Needs Community** | Special Needs Parents Café
- \_\_\_\_\_ **Nutrition for Mental Function and Stress Management** | James Richardson, Health and Wellness Education Coordinator, Easter Seals New Jersey; Certified Holistic Health Counselor, Yoga Instructor and Personal Trainer
- \_\_\_\_\_ **Juicing Essentials**

### 2:05–3 pm

- \_\_\_\_\_ **Pilates for Posture and Spinal Health** (all levels and abilities welcome) | Clain Thomson-DiPalma, Owner Clain Pilates, Master Exercise Instructor, Easter Seals New Jersey Be Well! & Thrive Special Needs Exercise Program
- \_\_\_\_\_ **Restorative Yoga** (All levels and abilities welcome) | James Richardson
- \_\_\_\_\_ **Everyday Uses of Essential Oils for the Special Needs Community** | Special Needs Parents Café

### 3–3:30 pm

- **Large Group Activity: Guided meditation with deep breathing for positive thinking** | Laura O'Reilly, James Richardson

### 3:30–4 pm

- Closing Remarks | Gift Bags | Resource Packets

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or 908/492-4702

