



ORDERING THE “CARING FOR YOURSELF WHILE CAREGIVING” RESOURCE GUIDE FOR YOUR PATIENTS & DEPARTMENT

“Caring for Yourself While Caregiving” is a Bronx resource guide for family caregivers that features helpful, low cost resources in 6 key areas:

- Basic Information on Being a Caregiver
- Getting the Support You Need
- Relaxation & Lowering Stress
- Keeping Your Body Healthy
- Finding Spiritual Support
- Explore your Creativity/Enjoy Social Life

The guide is available in English and Spanish.

ORDERING INSTRUCTIONS:

Online: Order from Montefiore's online Brand Center. The guides are 68 cents each, available for a pack of 25 at \$17.19. The brand center can be found on the intranet under the Marketing Department or at www.montefiore.org/brandcenter. Click on "Order Brand Items" and then "Order Stationary" to find the link.

Telephone: Order through Hi-Touch Business Services at (201) 636-9900 x9505 (Jason Symonds)

For more information please email PCareSupport@montefiore.org

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