

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Caring for You: Mind, Body, and Soul

Caring for You: Mind, Body, and Soul is a microlearning series, by the **Riverside Center for Excellence in Aging and Lifelong Health**, to enhance the wellness of people living with dementia and those who care for them. This video series follows a family caregiver support group as they navigate the challenges and gifts of caregiving. It includes 10 lessons, each 10 minutes or less. Through real-life scenarios, caregivers learn how to care for themselves while supporting a person with dementia.

► Access the series on the **Riverside Center for Excellence in Aging and Lifelong Health YouTube Channel** [here](#).

► Download the **free Caring for You: Mind, Body, and Soul Companion Guides** for support group leaders and family caregivers, visit **Riverside's E-Learning Resource Center** at [riversideonline.com/elearning](https://www.riversideonline.com/elearning).

Article Source

Riverside Center for Excellence in Aging and Lifelong Health

Source URL

<https://www.riversideonline.com/cealh>

Last Reviewed

Saturday, March 2, 2024