

HONORING THE HEART OF CARE

LIVE WEBINARS | 2025



November is **National Caregiver Month**, a time to recognize the unsung heroes who give so much of themselves to care for others. Join us for a free virtual wellness class designed to help you pause, recharge, and honor the incredible work you do as a caregiver.

Nov. 3rd — 1-2pm MT | From Burnout to Joy in Dementia Care-Partnering

[REGISTER NOW](#)

Participants will learn how to recognize and prevent burnout while discovering ways to find joy in caregiving. The session includes practical tips and space for attendees to share their own strategies for maintaining balance and fulfillment when caring for loved ones with dementia.

Nov. 3rd — 2-3pm MT | A Day of Hope

[REGISTER NOW](#)

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

Nov. 4th — 1-2pm MT | Improving Sleep

[REGISTER NOW](#)

Practical tips on improving quality and quantity of sleep.

Nov. 5th — 9-10am MT | Fitness Made Simple

[REGISTER NOW](#)

Chair-based exercise session focusing on strength, balance, and flexibility.

Supplies needed: A chair with space to stand beside and behind the chair.

Nov. 10th — 9-10am MT | Yoga, Breath Work and Meditation

[REGISTER NOW](#)

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.

Supplies needed: Yoga mat and a strap or belt.

Nov. 11th — 9-10am MT | Chair Yoga, Breath Work and Meditation

[REGISTER NOW](#)

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.

Supplies needed: Chair and a strap or belt.

Brought to you by:



bpahealth.com



cambiahealthfoundation.org

HONORING THE HEART OF CARE

LIVE WEBINARS | 2025

Nov. 11th – 3-4pm MT | A Day of Hope

 REGISTER NOW

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

Nov. 12th – 9-10am MT | Yoga Nidra and Breath Work

 REGISTER NOW

Classes are geared towards anyone that needs some deep relaxation, stretching, and tranquility.

Supplies needed: Yoga mat.

Nov. 12th – 10-10:30am MT | Nurturing a Self-Care Mindset

 REGISTER NOW

We will discuss the importance of self-care and practice some free activities such as mindfulness and breathing techniques that are helpful in reducing stress.

Nov. 17th – 9-10am MT | Yoga, Breath Work and Meditation

 REGISTER NOW

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.

Supplies needed: Yoga mat and a strap or belt.

Nov. 17th – 1-2pm MT | Mindfulness

 REGISTER NOW

Learn four practical areas of mindfulness in daily living.

Nov. 17th – 2-3pm MT | A Day of Hope

 REGISTER NOW

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

Nov. 18th – 9-10am MT | Chair Yoga, Breath Work and Meditation

 REGISTER NOW

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.

Supplies needed: Chair and a strap or belt.

Brought to you by:



bpahealth.com



cambiahealthfoundation.org

HONORING THE HEART OF CARE

LIVE WEBINARS | 2025

Nov. 18th – 1-1:30pm MT | Nurturing a Self-Care Mindset

 REGISTER NOW

We will discuss the importance of self-care and practice some free activities such as mindfulness and breathing techniques that are helpful in reducing stress.

Nov. 19th – 9-10am MT | Embracing Gratitude

 REGISTER NOW

The health benefits and the "how-to" of practicing thankfulness.

Nov. 19th – 9-10am MT | Yoga Nidra and Breath Work

 REGISTER NOW

Classes are geared towards anyone that needs some deep relaxation, stretching, and tranquility.

Supplies needed: Yoga mat.

Nov. 19th – 3-4pm MT | A Day of Hope

 REGISTER NOW

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

Nov. 21st – 9-10am MT | Stress Management

 REGISTER NOW

Focuses on managing energy and living life essentially.

If you care for someone with Alzheimer's or another dementia, you are not alone.

We're here whenever you need us.

24/7 Helpline (800) 272-3900

Ways to register:

- 1) Click on Register Now button
- 2) Visit www.alz.org/idaho
- 3) Scan QR Code



Brought to you by:



bpahealth.com



cambiahealthfoundation.org