



The Caregiver's Care Package

Somebody who loves you is giving you the gift of wellness in the New Year!

In your box, you will receive...

A Monthly Balanced Caregiving Kit

that is jam packed with fun and interactive ways to implement health and well-being techniques all month long.

Access to on-demand recordings

from a Registered Dietician and Family Therapist discussing topics created specifically to help YOU, the caregiver, create a healthier and more balanced caregiving experience.

Purposeful products to help you easily implement the self-care tips from both recordings.

Learn more at everydaycaregivers.com/carepackage

