

# THE NIH CLINICAL CENTER FAMILY CAREGIVER DAY

Tuesday, November 17, 2015  
11:00 am – 2:00 pm\*  
NIH CC Hatfield Building, 7<sup>th</sup> floor

## Information Fair & Expo Schedule of Events



### Caregiver Resources

- a Place for Mom
- Animal-Assisted Therapy
- Caregiver Photo Booth & Art Project
- Casey Health Institute
- Division of Amenities & Transportation Services
- Eurest Dining Services
- Family & Nursing Care ~ Seated massage
- Foundation for the NIH
- Hospital Epidemiology Service
- Hope Connections for Cancer Support
- Kadamba Tree Foundation
- NIH Blood Bank
- National Institute of Arthritis and Musculoskeletal and Skin Diseases
- National Library of Medicine
- NIH Patient Library Resources for Caregivers
- NIH Patient Representative
- Nutrition Tips for a Healthier You
- Spiritual Care
- Surfing for Support and Social Work Resources
- Stress & Coping: Mental Health Resources
- The Children's Inn: *A Place Like Home*
- Unity Woods Yoga Center
- White Lotus Wellness Center
- Zentangles

### NIH Nerds in Harmony

11:30 am Acapella Performance, 1<sup>st</sup> floor Atrium

### Division of Amenities Services, Recreation & Welfare (DATS/R&W)

*~Nature Walks Depart from the DATS/R&W table on the 7<sup>th</sup> floor~*

- 11:30am – 12:00 Core Stretching Class
- 12:10pm – 12:30pm NIH Campus Nature Walk
- 12:40pm – 1:00pm NIH Campus Nature Walk
- 1:30pm – 2:00pm Pilates

### Mind-Body-Spirit Workshops (20-minute self-care workshops) – Near Auxiliary Chapel

- 11:30am Guided Meditation
- 12:00pm: Expressive Meditation & Journaling
- 12:30pm: Gentle Yoga & Breath Work
- 1:00pm: Acupressure for Stress Management
- 1:30pm: Gentle Yoga

### Recreational Therapy

- **Fitness Room** 1pm – 2pm, Room 7-3551 (for family & friends of CC patients)
- **Children's Playroom** (Ages 3-18) – 1<sup>st</sup> Floor, 1-5673, 10am – 12pm & 1pm – 3pm