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## [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).

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