



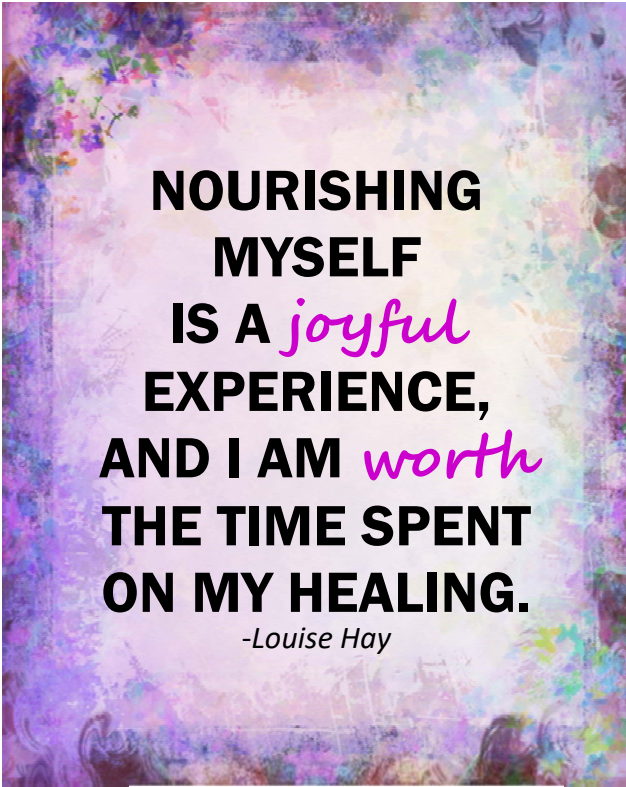
Caregiver Retreat

stressed out? neglect yourself? need a break?

You work hard as a family caregiver taking care of everyone else,
BUT WHAT ABOUT YOU?

Our one-day Caregiver Retreat is designed to give you some time to relax, re-energize, and reconnect.

This day-long event will have workshops about self-care, stress management techniques, and fun exercise/movement activities.



**NOURISHING
MYSELF
IS A joyful
EXPERIENCE,
AND I AM worth
THE TIME SPENT
ON MY HEALING.**

-Louise Hay

DATE & TIME:

Tuesday, August 29, 2017
10:00 am—3:00 pm

SUGGESTED DONATION: \$5

LOCATION:

Westminster Gardens
1420 Santa Domingo Avenue
Duarte, California 91010



be.westminster gardens
a be.group community

REGISTRATION IS REQUIRED!

Please call 213-821-6908 to register.

Respite scholarships & transportation are available.



USC Leonard Davis
School of Gerontology

This project is funded, in part, by Los Angeles County Workforce Development, Aging, and Community Services, California Department of Health Care Services, and the USC Leonard Davis School of Gerontology.