

# Caring For The Caregiver

*Relax ...  
Your Mind  
& Body*

**Free Day Retreat  
Wednesday  
October 14th, 2015  
9:00 am - 4:00 pm**

**Port Greville ~ Fire Hall**



*Restore...  
Your Inner  
Peace*

If you regularly help a loved one with health issues, household chores, or personal care, you are a caregiver.

Please join us for a day of fun, food, and friendship.  
Relax, Restore, and Renew

**To Register Call:  
Caregivers Nova Scotia  
TOLL FREE 1-877- 488-7390**

*Renew...  
Your Spirit*

This event was made possible through Positive Aging funding from Dept. of Seniors with Caregivers Nova Scotia, in partnership with the Cumberland Aging Well Network and the generous contributions of several community organizations & individuals.

  
**Caregivers**  
Nova Scotia  
for friends and family giving care

  
**NOVA SCOTIA**  
nova scotia  
health authority

  
**Community Links**  
Ageing Well Together

