

Caring For The Caregiver

*Relax ...
Your Mind
& Body*

**Free Day Retreat
Wednesday
October 28, 2015
9:00 am - 4:00 pm**

Springhill~ Senior Citizens Centre



*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.

