

Caregivers Nova Scotia cordially invites you to celebrate
Caregiver Awareness Month by joining us for a

Caregiver Appreciation Tea

“Tea & Mindfulness”

Relax, socialize and meet other caregivers while learning about mindfulness – how to quiet your mind and bring your attention to the moment. Our guest speaker will be Crystal Hill, RSW.

When: Thursday, May 21st, 2015
1:30 – 3:30 pm

Where: Colchester East Hants Public Library
754 Prince St., Truro

This event is FREE of charge. Please contact Cindie at 902.324.2273 for more information.

Hosted by:


Caregivers
Nova Scotia
for friends and family giving care


Public
Library
Colchester - East Hants

