

If you give unpaid care to a family member or friend,  
please join Caregivers Nova Scotia for a



# *Caregiver Wellness Retreat*

**Tuesday, March 19<sup>th</sup>, 2019**

(snow date is Tuesday, March 26<sup>th</sup>, 2019)

**9:30 am – 4:00 pm**

**Riverview United Church Hall  
760 Highway #2, Elmsdale, NS**

Enjoy the company of other caregivers as we learn about self-care, enjoy a delicious lunch, and share a few laughs.



This event is FREE but seating is limited. Please **register** by calling Cindie at 902.324-2273 or 1.877.488.7390.

This event is made possible by funding from the New Horizons for Seniors Program.

