

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



Caregiver Wellness Retreat

Thursday, May 16th, 2019

9:00 am – 4:00 pm

Parkland Clayton Park (Cameron Hall)

118 Fairfax Dr.

Halifax, 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 902.421.7390 or 1.877.488.7390.

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