



Caregivers  
Nova Scotia  
for friends and family giving care

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

# Caregiver Wellness Retreat

**Tuesday, November 20th, 2018**

**9:30 am – 4:00 pm**

**Parkland Antigonish, Multi-Purpose Room**

**153 Highway 337**

**Antigonish, 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.

