



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

Wednesday, September 12, 2018

9:00 am – 4:30 pm

Riverdale Community Centre
106 Vince MacCarthy Drive
Lower River Inhabitants, 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 Maggie at
902.371.3883 or 1.877.488.7390.

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

