



Save the Date

The Family Caregivers Coalition in Sheboygan County presents:
Spiritual Renewal for the Family Caregiver

Meet with other family caregivers for a day of relaxation and renewal.

Learn simple journaling techniques, therapeutic massage touches to aid in blood circulation, and practice meditation to soothing harp music.

This interactive retreat will help you discover resources and gain skills to face the challenges of caregiving.

A retreat for family caregivers

(non-professional caregivers only please)

Friday, June 22, 2012

8:30 AM to 2:30 PM

Sharon S. Richardson

Community Hospice

W2850 State Road 28

Sheboygan Falls

Cost \$10.00 per person
(lunch included)

For more information call:
Aging & Disability Resource Center
920-467-4100

