

YOU'RE INVITED TO A RENEWAL DAY FOR CAREGIVERS

SATURDAY, OCTOBER 1ST
9:30 AM - 2:00 PM

KINDLY ARRIVE AT 9:30 FOR REGISTRATION

THE BRISTAL AT NORTH HILLS

99 SOUTH SERVICE ROAD
NORTH HILLS, NY 11040

RENEWAL DAY FOR FAMILY CAREGIVERS

Are you caring for a frail older adult or loved one with Alzheimer's or dementia?

Join us as we pamper you, inspire you, guide you and support you on your caregiving journey.

PRESENTATIONS MAY INCLUDE:

- Self-care
- Putting your legal and financial life in order
- Relaxation and meditation
- Fun and fitness
- Life hacks to make your caregiving life easier
- Healthy eating and cooking

Keynote address by Dawn Hagen, Director of Parker's Willing Hearts, Helpful Hands Caregiver Support Program

RSVP IS REQUIRED

REGISTER BY:

Saturday, September 24th to Vanessa Penson:
5176-233-3139 or vpenson@thebristal.com

Please wear sneakers and comfortable clothing.
It is requested that participants stay for the entire event.

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