

YOU'RE INVITED TO A RENEWAL DAY FOR CAREGIVERS

**SATURDAY, DECEMBER 3RD
9:30 AM - 2:00 PM**

KINDLY ARRIVE AT 9:30 FOR REGISTRATION

THE BRISTAL AT NORTH HILLS
99 SOUTH SERVICE ROAD

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, November 26th to Vanessa Penson:
516-233-3139 or vpenson@thebristal.com

Please ask about scholarships available for respite care at home for the day for your loved one.

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

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