

Caregiver Wellness Day

Providing a Foundation for Your Well-being

Relax. Restore. Renew.

Monday Sept. 16, 2019

10 am – 1:30 pm

Come join us for a day just for you – the caregiver. A **free** day for family and friend caregivers of adults with dementia. Using a mindfulness based approach, we will offer self-care activities, such as chair massage, a creative project, natural hand wax treatment, and exploration of the newly designed Freer Garden.

Light breakfast, lunch and parking included.

Location: Wayne State University, Freer House
71 E Ferry Ave, Detroit MI 48202

Please RSVP by Sept. 9

For more information and to RSVP contact
Vanessa Rorai at **313-664-2604**



This program funded by the Michigan Health Endowment Fund.



UPCOMING
CALM Programing

As a cornerstone program of the THRIVE Network, CALM provides continuous wellness-based programming for family and friend caregivers of persons with dementia in Michigan.

Monday Oct. 21, 10-11:30 am
Smart Self Care

Monday, Nov. 18, 10-11:30 am
One Thing at a Time
Location

Monday, Dec 16, 10-11:30 am
Creating a Caregiver Holiday

LOCATION
The FREER HOUSE
71 East Ferry
Detroit, MI 48202



WAYNE STATE
UNIVERSITY

Thrive Network Team:

Michigan State University Extension and College of Human Medicine
University of Michigan Alzheimer's Disease Center
Wayne State University, Institute of Gerontology