



Caregiver Retreat



Let's Stop and Smell the Roses!

Are you an unpaid, in-home caregiver that could really use a break? If so, the Caregiver Retreat might be just what you need! Come and enjoy a day filled with great information and lots of fun. A day just for you! Best of all everything is free!!

WHEN:

Tuesday, September 29, 2015
10:00am to 2:00pm

WHERE:

Cartersville Community Building
120 N. Greenbriar Road
Cartersville, IL 62901

PROGRAM

Dr. Gynelle Baccus, also known as 'Ms. Carrie Giver',
Hostess and Master Gardener for the day

Jo Sanders/SIH Health Ministry Coordinator
Worried Sick

Marsha Nelson, Shawnee Alliance
Resources Available

Tom Kadela, Ph.D. / VA Medical Center
Managing Caregiver Stress

Patrick Laws/Senior Adult Services
Sometimes You Just Gotta Laugh

Lunch provided by Crystal's Catering

A fun afternoon of relaxation, massages, manicures,
makeovers, glamour shots and visiting!

Respite Care provided for your loved one by:

Addus Adult Day Services (Marion) 618-9982032

Williamson Co. Programs on Aging (Herrin) 618-988-1585

and Senior Adult Services (Carbondale) 618-457-4151

You must register for your loved one by September 23.

Caregiver Retreat is brought to you by:



Franklin/Williamson
Healthy Communities
Coalition - FWHCC

Healthy Seniors Action Team

To attend you must register by September 23, 2015. Seating is limited so don't wait, register now!

To register contact Jackie Parker:

Phone: (618) 889-3729

Email: marketing@libertyvillageofmarion.com

Or mail name, address and phone number of those attending to:

Jackie Parker

3114 Williamson County Parkway

Marion, IL 62959

Come get rejuvenated
so you will be better
equipped to care
for others!