

In recognition of National Family Caregivers Month, The Caregiver Resource Network Presents

## Finding Calm as a Caregiver

Being a family caregiver can be stressful! Learn to build a foundation of clarity and calm in the midst of life's rockiest times so you can face the challenges and joys of caregiving with a renewed sense of energy and balance.

Friday, November 7, 2014

1:00 p.m. - 3:30 p.m.

3215 Eaglecrest Drive NE, Grand Rapids, MI 49525

Join April Hadley, MSW Mindfulness Based Stress Reduction Instructor Grand Rapids Center for Mindfulness

For information on

Stress relief
Mindfulness
Taking care of yourself
Resources for caregivers
Family Caregiver University

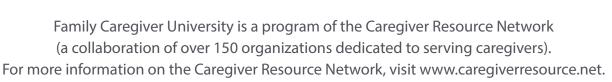
Door prizes and refreshments included Register by October 31, 2014 to:

(616) 222-7032 registration@aaawm.org

Family Find out more about the all NEW Family Caregiver University.

Caregiver Get the 2015 schedule and sign-up for classes.







The Source for Seniors