



Caregiver Resource Network

*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
Caregiver
University**

helping caregivers one class at a time

Find out more about the all NEW Family Caregiver University.

Get the 2015 schedule and sign-up for classes.

Family Caregiver University is a program of the Caregiver Resource Network
(a collaboration of over 150 organizations dedicated to serving caregivers).

For more information on the Caregiver Resource Network, visit www.caregiverresource.net.



The Source for Seniors