

Get Healthy! Get Happy!

Come to Caregiver Health Day!
A day to be inspired, encouraged, and educated
in your role as a family caregiver.

Keynote Speaker: Jolene Brackey

National speaker and author of *Creating Moments of Joy*

Featured on Good Morning America in 2008

Will be sharing inspirational stories and ways to create moments of joy



Book signing by Jolene Brackey after event

CAREGIVER HEALTH DAY

November 9, 2011

10 a.m. – 3 p.m.

Red Bluff Community Center

1500 South Jackson Street

****Pre-registration required****

Register Online at:

CaregiverHealthDay.eventbrite.com

Or by calling 800-995-0878

General Admission: \$10 (includes lunch)

Admission is free for family caregivers!

Other Speakers:

Michel Czehatowski, Licensed Acupuncturist

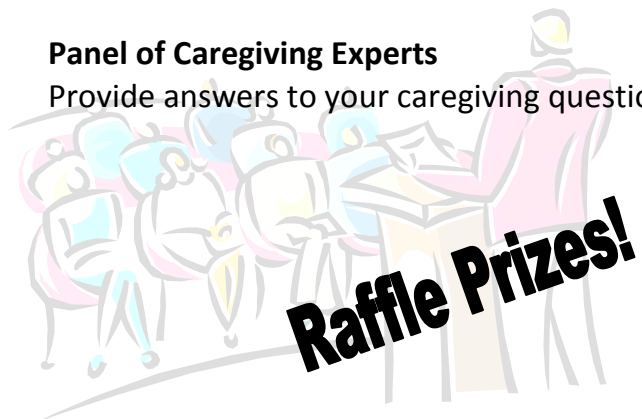
Tips for relieving stress & boosting energy

Karen O'Connor, Occupational Therapist

Avoid injury and stay healthy as a caregiver

Panel of Caregiving Experts

Provide answers to your caregiving questions



Raffle Prizes!

Mountain Caregiver Resource Center of  PASSAGES

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