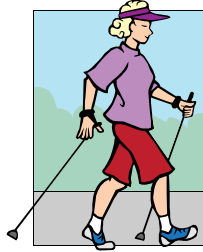


## **April is National Parkinson's Awareness Month**

**Are you living with PD or caring for someone with PD?  
Join Passages Mountain Caregiver Resource Center as  
we present...**



## **"Tips for Making Life Easier"**

- **Helpful Tips for Everyday Living**
- **Stress Management**
- **Gentle Exercises**
- **Body Mechanics & Transfers for Caregivers**

**Thursday, April 29<sup>th</sup>  
1pm - 4pm  
Red Bluff Community Center  
1500 S. Jackson St**

**Please call 800-995-0878 for registration and information.**

**\*\*\*\*\*Caregivers will be entered into a drawing for a  
Bed & Breakfast gift certificate\*\*\*\*\***