

VIRTUAL **CARE PARTNER** **WELLNESS** **SUPPORT** **PROGRAM**

**PROMOTING WELLNESS AND
FINDING JOY IN THE JOURNEY!**

**For Care Partners of Persons
Living with Alzheimer's Disease
and Memory Disorders**

Learn to Practice:

- **Mindfulness**
- **Healthy Balanced Living to Better
Care for Yourself and the Person
You are Caring For**

COST: FREE!

**★ iPad Loan Closet and
Technology Training Available**

PLEASE CALL OR EMAIL TO REGISTER
1-586-924-1300
amauro@lifskillscentersinc.org

WHEN

**The first
Thursday,
monthly ,
beginning
May 6th,
2021**

TIMES

**10 AM &
7 PM**

**SPONSORED BY
Huizenga Fund,
First Congregational
Church of Rochester**



**Facilitated By:
Life Skills Centers
Memory Care Services**