

Introducing **Caregiver Relief Day**

Friday Oct 3rd 2014

Float Your Stress Away, Rest Your Mind, Refresh Your Body, Enjoy Spa Services, Find Balance, Plan For Care & Get Help For All Your Pressing Caregiving Needs.

It's a day for family caregivers to get recognized, highlighted and pampered for ALL they do and for the sacrifices they make in their multiple roles in caregiving.

WHAT TO EXPECT ON CAREGIVER RELIEF DAY

FREE day time respite care is available (so that caregivers can attend while care recipients are being cared for) at the 'S' Generation 7750 Plaza Blvd in Mentor. *Pre-registration for this free care is required so call NOW 440-942-9933.*

Caregivers who are participating in the Caregiver Relief Day will get together at Chester town Center 12768 Chillicothe Rd in Chesterland, for a day of relaxation, pampering, entertainment, refreshments and lots of fun. Activities will include zumba, yoga, mind & body relaxation, massages, mini facials, paraffin treatments, arts, craft and beverages of your choice!

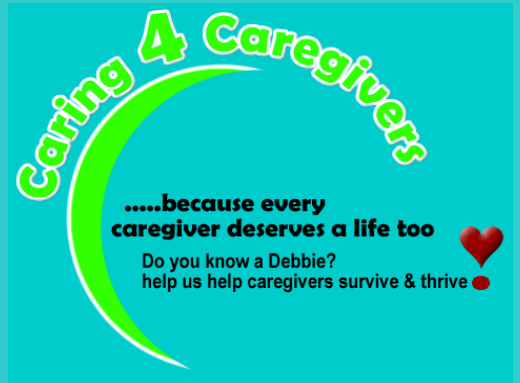
Elder Care Consultants and service providers will be on site to provide access to resources to assist families with their pressing caregiving needs.

CAREGIVER RELIEF DAY WILL:

- Help caregivers let go of stress for the day
- Empower caregivers for more centered living
- Help caregivers find balance and achieve wellness
- Help each participant locate at least one grant to pay for respite care or caregiving.

CAREGIVER RELIEF DAY WILL BENEFIT:

- Those pulled in a zillion directions by the demands of their children, their parents and their careers.
- Those experiencing a change in their role as a family caregiver
- Those whose lives have been absorbed by the demands of the lives of those they are caring for
- Those needing to care for themselves so they can be better caregivers.



Free and open to the public, but Pre-registration is required !

By email:

JohnHenrySalon@att.net.

By phone:

440-729-9303 or 440-942-9933

On our facebook event page @

www.FaceBook.com/StellaNsongOnLine



TIME: 9:30AM to 5:00 PM

LOCATION: Chester Town Center, 12768 Chillicothe Rd. Chesterland, Ohio 44026

COST: It is FREE and open to the public but registration is required.



A big thank you to all our sponsors of this event!