

Caring for the Caregiver

A Family Caregiver Workshop Series



Taking Care of You

Caregivers, you spend your time caring for others. Now is the time to explore new ways to practice self-care.

You will Enjoy:

- Engaging the senses
- An environment for adaptive thinking
- Journaling, aromatherapy
- Nature and garden therapy
- More!



Workshop Details:

Wednesdays, Aug. 20, Sept. 24, Oct. 22nd. 2–3 pm
Bridgewater Retirement Community

Brought to you by VPAS, your local experts on aging. Register now by calling 540-615-5341, or scan here.

