

# Become a REST Companion™



*Delivering education and support to those offering a break to caregivers.*

## **REST, Respite Education and Support Tools,**

is a unique, interactive training program, where you will receive the education and tools needed to be confident and successful in providing respite care to adults and children.



## **REST Training in Marquette!**

**\*\* NO COST TO ATTEND – REGISTRATION REQUIRED \*\***

Thursday, September 14 and Thursday, September 21 2017  
9:00 a.m. – 2:00 p.m. – Both Days required (Lunch included)

Location: Lake Superior Life Care & Hospice  
914 W. Baraga Ave.  
Marquette, MI 49855

For Information, Contact

**1-800-338-7227**

Dial 2-1-1 or visit us on the web at [www.upcap.org](http://www.upcap.org)

***\*\*Registration open to both paid and informal caregivers\*\****

