

- Would you like to serve as a respite volunteer?
- Do you know a caregiver who is overwhelmed?
- Are you interested in helping a caregiver friend?

*This workshop is for you!*



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

## **R.E.S.T., Respite Education & Support Tools**

is a unique and interactive nationally recognized workshop that outlines tips and tools for you to be confident and successful in providing respite to caregivers of adults and children.

**FREE  
TRAINING**

**Tuesday, February 26, 2019**

**7:45 AM - 5:00 PM**

**No cost • Lunch is provided • CEUs are eligible**

**Active Living Center at the Itasca County Family YMCA**

**Adjacent to ElderCircle • 400 River Road • Grand Rapids**



***Seating is limited! Registration is required on or before Tuesday, February 19.***

**218-999-9233x277 or [ecircle@eldercircle.org](mailto:ecircle@eldercircle.org)**

**Individuals may receive 7 CEUs for a \$15 fee.**



**[www.restprogram.org](http://www.restprogram.org)**

