

- 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

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



www.restprogram.org

