

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.



Friday, February 3rd and February 10th

1 p.m.— 5:00 p.m. *(Both days required)*

Walchli Room—Jones Memorial Hospital

191 N. Main St. ♦ Wellsville ♦ NY 14895

FREE 2-DAY TRAINING - LIMITED SPACE!

*Offered at no charge through the Finger Lakes Geriatric Education Center and
the New York State Caregiving and Respite Coalition*

♦ Nursing CEs Available ♦

Register by January 27th by contacting:

Sharon Cackett at:	scackett@lifespan-roch.org	585.329.9814
Lynn Oyer at:	oyerl@alleganyco.com	585.268.9390

For more information on the REST Program, visit

www.restprogram.org