

# 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.

**TRAINING  
OPPORTUNITY!**

## Upcoming REST Training Location

**February 24, 2018 8:30AM to 4:30 PM**

**Cost \$45 (includes manual and lunch)**  
Zion Lutheran Church

11456 N 11000 E Rd Grant Park IL 60940

**For Information, Contact**

**Voice of Care**

**Deaconess Sarah Gaffney**

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

