

# Building Networks of Support for Caregivers



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

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

is a nationally-recognized interactive two-day Train-the-Trainer course that prepares those who will train respite care workers in their own communities.



**Spanish  
Language  
Materials  
now available  
for Bilingual  
Trainers!**



## **REST Training Information**

**August 17-18, 2017**

*Aug 17: 9:00 a.m. — 4:00 p.m.*

*Aug 18: 8:30 a.m. — 4:00 p.m.*

## **Cookeville, Tennessee**

**Upper Cumberland Development District**

1225 S. Willow Ave  
Cookeville, TN 38506

**Training Fee: \$595**

*Includes lunch and snacks*

Register today! <http://restprogram.org/events-page/>



**For Information, Contact**



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Clare Farless, Family Caregiver Manager at [cfarless@ucdd.org](mailto:cfarless@ucdd.org) or 931-476-4143 (direct line) or 931-432-4111 (UCDD office number).

*For more information, visit*

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