

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** 

Kelly Fitzgerald, REST Training Development
Manager kfitzgerald@restprogram.org or
630-397-5658.

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

For more information, visit

www.restprogram.org