

# 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.



**Saturday, January 20, 2018**

**10:00 a.m.— 2:00 p.m.**

*Broome West Senior Center  
2801 Wayne Street ♦ Endwell ♦ NY 13760*

**FREE TRAINING - LIMITED SPACE!**

*Offered at no charge through the Broome County Office for Aging  
and the New York State Caregiving and Respite Coalition*

**◆ Nursing CEs Available ◆**

**Register by contacting:**

**Shellie Spinelli at:**

**MSpinelli@co.broome.ny.us**

**607.778.2946**

*For more information on the REST Program, visit*

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