

November is National Caregiver Month

GONG THERAPY

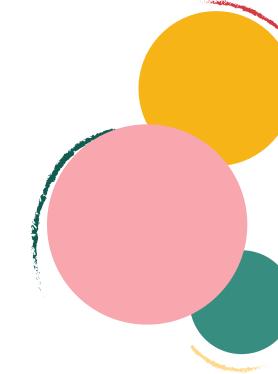
WEDNESDAY, NOVEMBER 9, 2022

4:30 - 5:30 P.M. OR 6 - 7 P.M. \$10 SUGGESTED DONATION

Mug Club for Caregivers invites family caregivers to take time out to join us as Brenda Brayko, from Celestial Sounds, shares the sound healing experience with a gong.

Never attended *The Mug Club Caregiver Support Group*? Not a problem! If you're a family caregiver, we'd love to see you at this event.

The Mug Club facilitators will be around until 7:30 p.m. for anyone that wants to use the rest of the time to share what's going on in their lives or just reconnect in person with those attending.







Registration required.
Call ADRC at
(920) 448-4300.