

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.