



Relax &
Rejuvenate!

Caregivers Retreat

Tuesday, November 20, 2018

Peconic Bay Medical Center, 1300 Roanoke Avenue, Riverhead NY 11901

Day Haven is offering complimentary services to care for your loved one during this event. To reserve a spot for your loved one today please call them at 631-585-2020, ext. 261.

9am - 10am: Resource fair to ask the questions you have from all the organizations & resources you need!

9:30am: Ribbon Cutting Ceremony for new Caregivers Center

10am: Brunch will be served

10:30 - 11:30am: Panel discussion with caregiver professionals, answering your most important questions about being a caregiver!

11:30am - 12:30pm: Meditation & Relaxation session with St. James Rehab, featuring: Dana Bordsen ATR-BC, LCAT and Jacqui Leviton
Dana and Jacqui are licensed Urban Zen therapists, specializing in anxiety, grief/loss, stress management and wellness.

▼ To register, please call 631-548-6804 or email obasaly@northwell.edu.