

# Caregiver Retreat

Saturday,

November 17, 2018

9:00 a.m.— 2:30 p.m.

**Celebrate Family Church**

74 Mt Morris Rd.

Leicester, NY 14481



Caring for someone with Alzheimer's, dementia, or other chronic health conditions comes with many challenges. Come and restore your strength and be re-charged.

9:00: Registration & light breakfast

9:30: Event begins

Lunch to be provided, community vendors, mobile mammography and door prizes!

**REGISTRATION REQUIRED:**

585.335.4249 or e-mail:

[caregiver@noyeshealth.org](mailto:caregiver@noyeshealth.org)

*Audience: family caregivers*



Register prior to **November 1st** and receive a copy of Dr. Davis's book, *Support the Caregiver*.

Dr. David Davis is a former caregiver to his wife and co-author of the book, *Support the Caregiver 9 Strategies for turning the stress of Alzheimer's caregiving into transformational growth*. Dr. Davis speaks from his experience with a strong passion to inspire caregivers to:

- ♦ **Maintain a healthy lifestyle**
- ♦ **Implement strategies for self-care**
- ♦ **Encourage a shift in thinking to live life with positivity**
- ♦ **Empowerment to move forward with growth and healing**

Event sponsors:



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