

FEBRUARY 2020

Caregiver Support Activities at Be Our Guest

These activities are **FREE** and open to all people in the community who are caregiving for a loved one with dementia, Alzheimer's, Parkinson's, Lewy Bodies, Chemo Brain and other memory related diseases.



Chair Massages

February 6th & 20th, 4:00-6:00 pm

A half-hour, fully-clothed, relaxation and massage experience. Caregiving can be stressful and the benefits of massage have been proven to reduce stress and promote wellness. Only 4 spots are available to accommodate a half-hour experience. More dates for this event will be available in the future.

Moving through Stress: Body-based Techniques for Caregivers

February 10th, 5:00-6:00 pm

This is a music based relaxation class. Positive body movements and relaxation techniques set to your favorite songs. This class will be incorporating a variety of relaxation methods to help you unwind in this caregiver centered class. Max: 15 people

Relaxation Techniques and Gentle Fitness with Laura

February 13th, 5:00-6:00 pm

This class is specifically designed with the caregiver in mind. Bring a mat, if you have one, and a towel. Get ready to relax and rejuvenate. This hour-long fitness and relaxation class can be accommodated to all ability levels. Max: 15 people

Fact or Fiction: The Truth about Comfort Care (Provided by Arbor Hospice)

February 27th, 5:00-6:00 pm

Join us for an informative discussion and Q & A. This is a game show style educational presentation with our guests from Arbor Hospice. Bring your questions and expect to be surprised by what you learn! Win prizes! Let's have fun while planning for the future. Dinner will be provided. Max: 25

Each activity is provided through the generous funding through the Ralph C. Wilson, Jr. Legacy Funds at the Community Foundation for SE Michigan.

Free respite is provided upon request.
Please call 517-546-9910 to register.

Held at: **Be Our Guest Adult Day**
Livingston County Catholic Charities
2020 Grand River Ave., Suite 103
Howell, MI 48843

Ralph C. Wilson, Jr.
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FOR SOUTHEAST MICHIGAN



Caregiver Support Groups meet the 1st Tuesday and 3rd Wednesday of each month from 4:30-6:00 pm. Free respite is provided. Call 517-546-9910 to register.