

# Relax, Refresh, Recharge

On November 13, 2021, Active Generations and Caregiver Outreach are hosting an event from 10am – 3pm for our beloved Caregivers

“Relax, Refresh, Recharge,” is designed to offer a day of self-care for family caregivers who are affected by their loved one’s struggle with dementia, Parkinson’s, or any other chronic illness. The event will consist of sessions offering various aspects of self-care.

**To reserve your free spot, please contact 211 Helpline Center**

See our agenda below:

9:00 – 10:00am Check out your vendors

10:00 – 10:15am Welcome & Introductions

10:15 – 11:00am Mindful Eating and Super Foods  
with Priscilla Thornton

11:15 – 11:45am Choose your Breakout Session

- Reiki cleansing your energy with Amanda
- Revelation Wellness restorative breathing and exercise with Chelsie Lind

12:00 – 1:15pm

Lunch

DeeDee Raap Keynote Presentation:  
Building Resilience: Self-Care for the Stress of Real Life  
Door Prize Giveaway

1:30 – 2:30pm Choose your Breakout Session

- Singing Bowls with Deb Yoder
- Chair Yoga & Mindfulness with Jill Fries

\*When registering – please indicate which Break Out session you are planning to participate in, thank you!

Free respite services available on-site

Sponsored by:

