

Caregiver Conference

Saturday
December 8th

9am - 2pm

**Registration/Breakfast at 8:30am*

Adult Day Services

620 Carr Lake Rd
Bemidji

**In appreciation
for all you do...**

*Let us take care of you while you
enjoy time with other Caregivers*

and learn from Professionals who are dedicated to supporting you.

Topics Include

- ◆ Eating for Stress Management
 - ◆ Resources for Enhancing Alzheimer's Caregiver Health
 - ◆ Alive Inside
 - ◆ Caregiver BINGO

There is no fee for the Conference. Breakfast & Lunch will be provided.

Respite may also be offered at no cost to Family Caregivers, based on availability.

RSVP by Dec 5th to
Missy: 218-333-8266.

