

Become a REST Companion™



***Delivering education and
support to those offering
a break to caregivers.***

REST, Respite Education and Support Tools
is a unique interactive training program where
you will receive the education & tools needed
to be confident and successful in providing
respite care to adults & children.

**This event is
open to the
public**

Saturday November 8, 2025

9am - 5pm

Cedar Lakes Conference Room, Cass Lake MN

**RSVP to Earlene at Northwoods Caregivers by October 30:
218-333-8261 or Earlene.Buffalo@co.beltrami.mn.us**

Continental breakfast and lunch provided

7.0 CEs available for Nurses & Social Workers



www.restprogram.org

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MINNESOTA
LIVE WELL AT HOME™



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NORTHWOODS
CAREGIVERS