

# 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 CE's available for Nurses & Social Workers***



[www.restprogram.org](http://www.restprogram.org)



**MINNESOTA**  
LIVE WELL AT HOME™

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cmcoa



**Hosted By:**  
**NORTHWOODS  
CAREGIVERS**