

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 evidence based training program where you will receive the education & tools needed to be confident and successful in providing respite care.

Caregiver
Education for
Primary
Caregivers

Saturday July 25th, 2026

8am - 4pm

St. Peter's Episcopal Church

301 Cedar Ave, Cass Lake, MN 56633

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

Snacks and a light lunch will be provided

7.0 CEs available for Nurses & Social Workers



www.restprogram.org



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CAREGIVERS