

Caregiver Retreat

Saturday, September 27th, 10:00 am—4:30 pm Central Time (11-5:30 Eastern)

Fortune Lake Camp, 138 Fortune Lake Camp Road, Crystal Falls, MI 49920

Family Caregivers, imagine a day just for YOU!

Greet old friends, make new friends.

Try an outdoor activity, yoga, and a mindfulness activity.

Relax with a chair massage.

Spend some time on the waterfront, attend a caregiver support group meeting, and create a nibble board!

Take time for yourself, and do what you want to do.

Cost \$30 (non-refundable), includes lunch. Register at www.upcap.org and click on Events or dial 2-1-1 for assistance. Registration ends September 11. Space is limited!

This event is for non-professional caregivers only.



Sponsored by Upper Peninsula Commission for Area Progress

UP Caregiver Connection

Activities lead by Registered Dietitian and Certified Yoga Instructor Pam Roose from Inspiring Roots.

