

# Caregiver Retreat

**Saturday, September 26th, 9:45 am—5:00 pm Central Time (10:45-6:00 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 an artistic project.

Relax with a chair massage.

Spend some time on the waterfront, attend a caregiver support group meeting, and enjoy a nutritious lunch!

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

**Cost \$30 (non-refundable), includes lunch. Register at [www.upcap.org](http://www.upcap.org) and click on Events or dial 2-1-1 for assistance. Registration ends September 11th. 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.

