

SELF CARE

FOR THE CAREGIVER

*The best way to take care of others
is to take care of yourself first.*

**MARCH 8
1-2 PM**

YOU'RE INVITED!

Join in a discussion about caring for yourself as a caregiver. Participants will be presented with tools and insights for reducing caregiver fatigue and healthy tips for managing your stress.

We encourage caregivers to participate as we learn that the best way to take care of another is to make sure that we take care of ourselves.

Please reach out to Melissa Jones at Orchard Park Senior Living for more information about this free event:

707-995-1900

Melissa.Jones@agingways.com

HOSTED BY

Orchard Park Senior Living
14789 Burns Valley Road
Clearlake, CA 95422



ORCHARD PARK
— SENIOR LIVING —

PRESENTED BY

Kathleen Bradley
Manager of Bereavement Services
Hospice Services of Lake County



**Hospice Services
of Lake County**

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