



FREE FAMILY CAREGIVER WELLNESS RETREAT

Rejuvenate, Reconnect and Refocus

March 22, 2023

8:30 AM – 2:00 PM

Stanislaus Veterans Center
3500 Coffee Road, Suite 15
Modesto, CA 95355

Registration opens February 1, 2023 and is limited to 120 participants.

To register visit bit.ly/3WgrvX5

Presented By

Stanislaus County Area Agency on Aging

FEATURED SPEAKER: KATE WASHINGTON
AUTHOR OF ALREADY TOAST, CAREGIVING AND BURNOUT IN AMERICA

Breakout Sessions Include:

- Advance Healthcare Directives
- Safe Body Mechanics
- Self-care and Yoga
- Light Breakfast & Lunch Provided
- Community Resource Fair
- Free Haircuts
- Prizes
- Respite Care Available, for Information Call 209.558.8698

Community Event Partners

Alzheimer's Association
Caregiver to You
Catholic Charities, Diocese of Stockton
Community Hospice
Lift-A-Hand Home Health
Link2Care, In Home Supportive Services
MOVE Stanislaus Transportation
SEVA Hospice



Questions? Call the
Area Agency on Aging
at 209.558.8698