



# 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](https://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