



Caregivers
Nova Scotia
for friends and family giving care

If you give unpaid care to a family member or friend,
please join Caregivers Nova Scotia for a

Caregiver Wellness Retreat

Tuesday, October 30th, 2018

9:00 am – 4:00 pm

Brightwood Golf and Country Club

227 School St.

Dartmouth, NS

Enjoy the company of other caregivers as
we learn about self-care, enjoy a delicious
lunch, and share a few laughs.

This event is FREE
but seating is limited.

Please **register** by calling 902.421.7390
or 1.877.488.7390.

This event is made possible by funding from the New Horizons for Seniors Program.

