

Free—Caregiver Getaway Day!

Sunnyside Retirement Community

April 3, 2009

9:00 AM to 1:00 PM



Join us for a special day for family members who provide daily care and support to elderly loved ones.

Sessions Offered (please indicate your top 4 choices when you sign up):

A. Manicures - Brought to you by students of the Harrisonburg Beauty School.

B. Introduction to Buying and Using a Digital Camera - Learn current digital camera technology; factors to consider when buying one and fun things that can be done with a digital camera. Frank Doherty

C. Flower Arranging—Sponsored by Avante of Harrisonburg.

D. Create Your Own Home Spa - Create the experience of a spa right in your own home with very little time or money. Come ready to pamper yourself...everything that you'll need will be provided. Lorie Miller & Holly Wade

E. Wii Sports Station - JMU students will assist participants in getting comfortable with the newest craze in virtual tennis, golf, boxing, bowling and baseball. Try it, you'll love it!

F. Full Swing Putting Clinic and Course – Presented by Mulligans.

G. Makeovers & Massages - Compliments of the Image Recovery Center at Rockingham Memorial Hospital.

Caregiver Cafe open all day! Meet other caregivers over coffee for relaxing conversation and support.

Sponsored by Sunnyside Retirement Community, Caregivers Community Network, Home Instead Senior Care, Alzheimer's Association, Elder Alliance, Generations Crossing, AMBRcare Rockingham Memorial Hospital.

Please return by **March 30th** to: Caregivers Community Network, MSC 9014 Harrisonburg, VA 22807

Name: _____ Phone: _____

Address: _____

Please indicate your top 4 workshop choices _____

Dietary Needs: _____

Or, call **540-568-6682** by March 30th to register. Lunch Provided.
Free to the first 40 registrants!