

FREE EVENT

Register by March 7th,
to reserve lunch!

Nexcare Caregiver Retreat

Thursday, March 21, 2013

Registration: 8 am ~ Event: 9 am - 4 pm

Eagle Eye Banquet Facility

15500 Chandler Road, E. Lansing, MI

Name: _____

Address: _____

Phone: _____

Email: _____

I care for a: male _____ female _____

with _____

Please submit registration to:

Nexcare Health Systems
4000 North Michigan Road
Dimondale, MI 48821

For questions, or to register by phone,
fax or email:

Phone: (517) 974-3563

Fax: (517) 694-4107

Email: cgretreat@hotmail.com

RSVP required

Title Sponsors




Gold Sponsors



Silver Sponsors

- Airway Oxygen
- GO DOCS GO
- Grand Haven Manor
- Hope Network Rehab
- Independence Services
- Ralya House Candles
- The Plant Professionals
- Alzheimer's Association
- Great Lakes Christian Homes
- Home Instead Senior Care
- Humana Health Insurance
- Mareck Family & Geriatric Services
- Sensations Memory Care
- And many more





Presents the 6th Annual

Caregiver Retreat



Thursday March 21, 2013

9 am - 4 pm

Eagle Eye Banquet Facility
15500 Chandler Road, East Lansing, MI

This is a free event for Caregivers
Registration is required

*A Caregiver is an individual who regularly
assists a loved one with personal care,
household chores, or health issues.*

Relax...

- Relaxation Station
- Massages
- Manicures
- Facials
- Horticulture Therapy
- Candle Making

Restore...

- The Pursuit of Happiness
- Caregiver Survival Guide
- Caregiver Stress Reduction
- Safety in the Home
- Guided Imagery

Guided imagery is a program of directed thoughts and suggestions that guide your imagination toward a relaxed, focused state.

Rejuvenate...

- Breakfast
 - Lunch
 - Dessert
-
- Door Prizes!
 - Shopping (Bring money for the retail vendors.)

A day for caregivers to...

Relax...

Restore...

Renew...



AGENDA FOR THE DAY

- 8 am: Registration
Enjoy a massage, visit vendors,
have breakfast and relax
- 9 am: Informational Seminars
Keynote Speaker
Jane Aldrich of JoyWorks!
- 12 pm: Lunch with the
East Lansing High School
Jazz Band
- Later: Enrichment Activities
Dessert and door prizes



Free Respite Care

While we take care of you, there is a wonderful opportunity for your loved one to enjoy a day of special activities at any of the following locations:

Grandhaven Living Center

3145 W. Mount Hope Ave. • Lansing
(517) 485-5966

Great Lakes Christian Homes

2050 S. Washington Rd. • Holt
(517) 694-3700

Sensations Memory Care Residence

511 E. Shepherd St. • Charlotte
(517) 543-8101

Prestige Way

4300 Keller Rd. • Holt
(517) 694-2020

Prestige Pines

1177 Solon Rd. • Dewitt
(517) 484-6980

Call a participating center to register your loved one by Thursday, March 7, 2013.

This respite care is provided free of charge, but space is limited.