

Caregiver Appreciation Conference

The Canandaigua VA in Partnership with the Alzheimer's Association, St. Ann's Community, Lifespan, Blue Star Mothers Rochester NY8 Chapter, Vet Center, and Lifetime Care invite you to this day of relaxation and appreciation for the caregiver.

St. Ann's Community, 1500 Portland Ave., Rochester

Dr. David Davis will lead an inspirational presentation for caregivers to:

- Maintain a healthy lifestyle
- Implement strategies for self-care
- Encourage a shift to live life with positivity
- Empowerment to move forward with growth and healing



Pre-register by November 1st to receive a copy of *Support the Caregiver* by **Dr. David Davis & Joko Gilbert** at the event.

The event is free for caregivers.

Registration is required as space is limited.

Respite is available through St. Ann's Adult Day Program.

Please contact Rola O'Meally at 585-697-6365 or Rachel

Brennan at 585-697-6381.

Pre-registration is required by calling **800.272.3900**

Friday, November 16, 2018

9:00 a.m. - 3:00 p.m.

Light breakfast & lunch will be provided

This event is supported, in part, by a grant from the N.Y.S Department of Health.

