



**Hospice Caring, Inc.**

*Is delighted to announce*

*A special, no cost program for family/friend primary caregivers  
whose loved one has died within the past 2 years*

## **When Caregiving Ends...What's Next?**

**A Weekend, Overnight Retreat to Renew, Refresh, and Rebuild**

**Friday, October 26 at 4pm – Sunday, October 28 at 3pm**

**The Claggett Center, Buckeystown, MD**

Connect with other former caregivers who “get it” and have “walked in your shoes”

Practice self-care and relaxation • Share your caregiving experience

Commemorate your loved one • Refocus your life now that your caregiving role has ended

Enjoy renewal activities, communal meals, and camaraderie



**Space is limited! Registration is required.**

**To register, contact Anne Baker, Director of Adult Bereavement Services  
at [anneb@hospicecaring.org](mailto:anneb@hospicecaring.org) or 301-990-0854**

This all-inclusive weekend is free of charge thanks to a generous donation. Donations to Hospice Caring, Inc. are always appreciated.

[www.HospiceCaring.org](http://www.HospiceCaring.org)