

*Relax • Restore • Renew*

# Catching Your Breath

## 2016 Spring-Summer Series

A Wellbeing and Mindfulness Program for Family Care Partners  
of Adults Living with Memory Loss

“Wellbeing is attained little  
by little, and nevertheless is  
no little thing itself.”

-Zeno of Citium



Laura Rice-Oeschger, LMSW  
MADC Wellness Initiative

*Attend one session or all four. The program varies each month  
and newcomers are welcome at any time.*

Participation is free. Please pre-register so we can better  
accommodate needs and plan accordingly.

Wed	April	13th	6:00 PM - 7:30 PM
Wed	May	11th	6:00 PM - 7:30 PM
Mon	June	6th	10:00 AM - 11:30 AM
Wed	July	13th	6:00 PM - 7:30 PM
Mon	Aug	8th	10:00 AM - 11:30 AM

CYB is a free program, however,  
parking at Matthaei is \$1.40/hour.

If you need assistance with this fee,  
please let us know. Members of  
Matthaei enjoy free parking.  
Membership information is available  
at the front desk when you arrive.

Thank you!

All sessions will meet at the Matthaei Botanical Gardens  
1800 N. Dixboro Rd. Ann Arbor

**M** UNIVERSITY OF MICHIGAN  
Matthaei Botanical **gardens**  
and Nichols **arboretum**

Funding for this program was underwritten by a generous anonymous donation provided to the Michigan Alzheimer's Disease Center. Space provided by the U-M Matthaei Botanical Gardens.

**On-line registration available at:**

<http://alzheimers.med.umich.edu/>

**Click on “Live Well”**

Please feel free to call 734-936-8803  
for more information.