

Relax • Restore • Renew

Catching Your Breath

2016 Fall 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 Sept 14th 6:00 PM - 7:30 PM

Wed Oct 12th 6:00 PM - 7:30 PM

Caregiver Wellness Day Friday Nov 11th

**RSVP required*

Mon Dec 12th 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.