



Relax • Restore • Renew

Catching Your Breath

2017 Winter 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.

December 12th	10:00 AM - 11:30 AM
January 11th	6:00 PM - 7:30 PM
February 13th	10:00 AM - 11:30 AM
March 13th	10:00 AM - 11:30 AM
April 12th	6:00 PM - 7:30 PM

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



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.

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

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