



# REVERE COURT

MEMORY CARE

## Monthly Caregiver Educational Seminar

Second & Fourth Tuesday

Of each month:

First session: January 9th

At 2:00pm

## “Compassionate Self Care”

An intensive six-month course for caregivers

Presented by:

Rev. Julie Interrante, MA

Professor in the Dept. of Psychology at Sacramento City  
College and is a speaker, minister & writer.

She is the author of “The Power of a Broken-Open Heart.”

Explore life-changing ways to cultivate  
compassionate self care in the midst of  
caregiving.

Participants will have the opportunity to:

- ◆ Learn new ways to communicate
- ◆ Practice tension releasing techniques
- ◆ Acknowledge ongoing losses & live in hope
- ◆ Practice acceptance & live peacefully
- ◆ Learn what to consider when making difficult  
decisions
- ◆ Cultivate lasting self compassion & care
- ◆ Unravel limiting beliefs that block self care
- ◆ Explore ways to lighten up and have fun!

Space is limited!

RSVP By January 5, 2018

At 916-392-3510



Revere Court Day Club offers socialization, supervision,  
assistance, and activities from 8am to 6pm, Monday  
through Friday in our clubhouse. We offer families the  
opportunity to “recharge” for the day while your loved one  
enjoys themselves.

[www.RevereCourt.com](http://www.RevereCourt.com)

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