



# REVERE COURT

MEMORY CARE

## Real Life Self-Care for Caregivers

*Julie Interrante, MA*

### *Engaging the Wisdom of Your Soul*

Workshops will be held the 3rd Tuesday of each month for 6 months beginning March 19th from 2-4pm.

Caring for someone you love is an opportunity for profound personal growth, self-care and compassion.

It is a physical, emotional, energetic/spiritual and relational experience. Making decisions, learning the ropes and maintaining optimum health in the midst of ever-changing circumstances is challenging to everyone. You are not alone. Whether your family member is living with you, in skilled care or across the country, the caregiving experience is real. Real Life Caregiving is designed to meet once a month for six consecutive months to explore all facets of self care while caring for someone you love.

Each month we will explore a different topic that pertains to the 'care and feeding' of a caregiver. Several topics will be covered each month with time to practice at home before returning the following month.

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.

### About this Series

Don't miss this opportunity for an honest, meaningful and enjoyable exploration of Real Life Self-Care for Caregivers.

#### Topics include:

- Physical health
- Emotional well being
- Mindful living
- Belonging
- The Power of Appreciation and Compassion
- Clean, Simple, Life-Enhancing Food (that's really doable)
- Movement
- Fun
- Intuition
- Guilt-free self care

**PLEASE RSVP 3DAYS IN  
ADVANCE FOR  
EACH SEMINAR  
916-392-3510**

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