



REVERE COURT

MEMORY CARE

“The Power of a Broken-Open Heart”

*Book Study & Discussion Group
for Family Caregivers*

**Thursday’s September
2nd-30th.**

From 10-11:30am

Presented by:

Julie Interrante, MA

Author

Engaging the Wisdom of Your Soul

Light refreshments will be provided

What if life, beneath the surface, were composed of a series of transitions with the potential to break open our hearts that could ease our approach to living?

As caregivers, we face much pain-not only the pain of losing a loved one over time, but also the challenges all human beings face as part of life. Building on her decades of work in hospital and hospice care, author and speaker Julie Interrante weaves together insights from those facing great challenges with her own discoveries to reveal the importance of embracing pain. In this **five-week study**, Julie will us her book *The Power of a Broken Heart: Life-Affirming Wisdom from the Dying* as an anchor to help us explore how challenges can break open the heart, catalyzing great courage, trust and creativity for living life with more presence and joy. Please join us for this dynamic exploration intended to leverage grief as a powerful tool for self-affirmation in and beyond the caregiving journey.

Space is limited– RSVP-916-392-3510

For everyone's safety this group will be held outside under canopy's on our beautiful front grassy area. We hope you can join us!

At Revere Court Memory Care we understand that dementia affects whole families.

Each person with memory loss, and his or her family, experience different challenges and needs, which vary at different times during their journey.

Revere Court Memory Care is a state-of-the-art community providing quality of life to persons with Alzheimer’s and other dementias, and to their family who care for them.

At Revere Court, we realize that each family needs different services at different times. That is why we’ve designed a whole spectrum of programs to meet those changing needs.

For families looking for services out of the home that offer their loved one the opportunity to be with others in a safe, stimulating and happy environment, Revere Court offers three different services, Day Club, Respite & Residential Care at our beautiful and secured three and a half acre campus in Sacramento’s Greenhaven/Pocket Area:

www.RevereCourt.com
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