

Clement Manor

MOMENTS TO EMBRACE

A CAREGIVER RESPIRE PROGRAM



CAREGIVER TRACK:-

- **April 4** - Caregiving Support Group
- **April 11** - Time Management & Cooking
- **April 25** - Positive Affirmations & Relaxation Techniques
- **May 2** - Breathwork for a Healthy Wellbeing
- **May 9** - Reducing Stress, Sleep Better, Music for Caregivers
- **May 16** - Living with Dementia - a simulation and learning discussion
- **May 23** - All you need to know about a senior living community
- **May 30** - Color Creations Canvas Paint
- **June 6** - Wellness Empowerment through Healing and Transformation
- **June 13** - Sit Fit & Stretch and Tai Chi
- **June 20** - Pampering & Self Care
- **June 27** - Card making class

LOVED ONE TRACK:-

- **April 4** - Brain Food and Nutrition
- **April 11** - Breathwork and Art
- **April 25** - Creative Storytelling
- **May 2** - Music Therapy
- **May 9** - Color Creations
- **May 16** - Art Project
- **May 23** - Cooking Class
- **May 30** - Creative Creations with Baking and Movement
- **June 6** - Tai Chi and Stroll
- **June 13** - Music and Memories
- **June 20** - Bingo and Corn Hole
- **June 27** - Relaxation Techniques

*We will provide qualified care partners to do the cares for your loved ones for each program.

Caregivers must register for simultaneous tracks for themselves and loved ones.

Spaces are limited per for all tracks

To sign up for any or all tracks, call
414-546-7984.

Suggested cost is \$10 per person,
per track, however we will not turn
anyone away for financial reasons.