

January Caregiver Support Group

Self Care for the Caregiver

**THURSDAY, JAN 11
3 - 4 PM**

GREAT FALLS ASSISTED LIVING
1121 Reston Avenue
Herndon, VA 20170



PRESENTED BY
**Melissa Long, CTRS,
CDP, CADDCT, BF-CMT**

Director of Education
& Support for 

We are pleased to offer a limited series of monthly free caregiver support group meetings. In this last meeting in the series, we will focus on self care for the caregiver. Taking care of yourself – physically and mentally – is one of the most important things you can do as a caregiver. Learn more and practice helpful techniques.

RSVP for this FREE EVENT!

RSVP 703.421.0690

MPerkins@GreatFallsAssistedLiving.com

GREAT FALLS
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