

**Join the Area Agency on Aging  
for this free event.**

# **CAREGIVER RETREAT**

**10am–2pm Friday, November 7**

**Cox Arboretum**

**6722 Springboro Pike, Dayton, OH 45449**

**Are you caring for a loved one at home?  
This free retreat is for you.**

Caring for a loved one is an act of love, but it can also be exhausting. Join us for this free event to connect and share with other caregivers and professionals. This is a day for relaxation, education, and connection in a peaceful setting.

- **Come hear our Keynote Speaker Dr. Kathy McGrew**, a fellow caregiver and Ohio Senior Citizens Hall of Fame Inductee.
- **Visit resource tables** of local social service agencies.
- **Enjoy a healthy meal** plus line dancing demonstration.

**Registration is requested by October 20**

to ensure seating and meals:

**Contact Mary Hairston at 937-341-6944 or  
mhairston@info4seniors.org.**

Attendees receive a free *Powerful Tools for Caregivers*  
resource book and other giveaways.

**You Give So Much–It's Time to  
Give Back to Yourself**

**meijer** Thank you to Meijer and Cigna for  
providing a healthy lunch!

