



**Caregiver Coalition  
of Southeast Alberta**

Presents a

# Caregiver Café

**Thursday, March 20<sup>th</sup>, 2014**

**10:00 am - 11:30 am**

**Chinook Village - Terrace Room**

**2801, 13<sup>th</sup> Avenue SE**

Please join us for an opportunity to enjoy:

- light refreshments
- progressive muscle relaxation
- self-massage
- gentle stretching/wellness

Author Lorna Scott, one of our Coalition members, will be in attendance to share information about the release of her new book, *Walking the Journey Together ... Alone*. It is a memoir/self-help book about her caregiving journey and experience providing care to her husband.

Questions? Please call Michelle Sauv e at 403-581-1039.