

# **TAKE TIME TO TAKE CARE OF YOURSELF**

## **A DAY OFF FOR CAREGIVERS**

Enjoy taking care of yourself. Massage, yoga, music, food, aromatherapy and relax knowing your loved one is being taken care of by professionals.



Respite provided for those living with Dementia

**Sunday, April 7, 2019  
10:00am-3:00pm  
Best Western Premier  
26555 Telegraph Rd.  
Southfield, MI 48033**

RSVP to Dorothy Moon 248-233-4392

**Sponsored by the:  
Dee dee and Michael Perlman Caregivers Fund**

