

# SELF-CARE FOR CAREGIVERS



**THURSDAY, JULY 18, 2024**  
**10:30 - 11:30 A.M.**

YMCA - East || 1740 S Huron Rd, Green Bay

**WEDNESDAY, JULY 24, 2024**  
**10:45 - 11:45 A.M.**

YMCA - West || 601 Cardinal Ln, Green Bay

Taking care of yourself is one of the most important things you can do as a caregiver. Caregiving is not easy. It requires sacrifices and adjustments for everyone.

Join us to explore why this is important and how to carve time out of an already busy schedule. **Make sure you're giving the best of you, not just what's left of you.**

*Space is limited, registration is required.*



**RSVP TO ADRC: (920) 448-4300**

