

Women Who Give CARE

Thursday, November 10
6:00 pm to 9:00 pm

Christine's Fitness,
912 Yonge Street
(at Davenport Road)

Please RSVP by contacting
Cheryl Austin at
416.801.7595 or by email at
cherylaustin@bell.net



**FREE
EVENT**
for family
caregivers

You know you have a special way of taking care of others – maybe you've been a family caregiver or you just want to make a difference in the life of a senior. Share and learn information from the experts that will get you on the right path to keeping both your aging loved one(s) and yourself happy and healthy.

What's in it for you?

- Free Zumba Stress Busting – 6:00 pm to 6:30 pm.
- Hear Jackie Hickey, RN present *The Family Caregiver Secret to Success*.
- Listen to Christina Steiger, owner of Christine's Fitness speak about *Personal Well-being*.
- Free refreshments available.
- Find out more about looking good and living well from Marilyn Weston, host of AM740's *From a Women's Perspective*.
- Participate in a networking session to share thoughts and experiences about family caregiving.
- A chance to win one-year membership to Christine's Fitness.