



Give yourself a gift this holiday season:

If you're caring for a spouse, aging parent, or loved one...you may need support. Join us:

What: Caregiver Support for the Holidays

Where: St. Peter's Lutheran, 418 Sumner St E (near Sibley Elementary)

Time: 6:30 - 7:15 p.m.

When: 4 Thursday eves:
November 29; Dec 6, 13, 20

All are welcome. This is a safe place to share & learn helpful tips of how to juggle your role as a caregiver during the holidays. Learn how to unwind the stress and how to take care of yourself.

Questions: Call Kari Berit, MS
612-384-8080 or

www.UnexpectedCaregiver.com