

Maui Adult Day Care Centers & Maui County Office on Aging

Invite You to a Free Caregiver Workshop

“Mindfulness Practice... Stress Relief for Caregivers”



Speaker: Linda Hunt, PhD, OTR/L

Director of the Graduate Gerontology Program at Pacific University

- ***Learn strategies / exercises to practice “mindfulness” in everyday life situations***
- ***Gain better control over stress & depression***
- ***Cope and provide care that is not stress based***

Central

Saturday, January 21st, 9:00 to 10:30 a.m.

Hale Mahaolu Elima Community Hall

11 Mahaolu St. Kahului

Open to the public – No reservations needed

Free...light breakfast provided for workshop attendees & certificates of attendance for professionals.

Free...care for your adult loved one during the workshop.

For more information call Kathy at 871-5804