

## **CAREGIVER WELLNESS DAY**

Saturday, November 6 - Longmont

*or*

Monday, November 15 - Lafayette

### ***AGENDA***

10:00 a.m. **Check-in and Wellness Fair Sign-Up**

(Sign-up is first come first served, so it is important to arrive on time.)

10:30 a.m. **Welcome and Keynote Presentation: “Taming Your Inner Dragon,”**  
by Linda Bartlett, Health Quest Institute

11:15 a.m. **Entertainment by Michael Stanwood**  
**Lunch and Prizes**

12:55 p.m. **Wellness Fair**

Each caregiver may sign up for one 15-min. individual wellness therapy and one or more 35-min. group sessions. Individual, group, and drop-in sessions may vary by location.

#### ***Individual Sessions***

Chair Massage, Table Massage, Aromatherapy, Comfort Touch, Foot Reflexology, Healing Touch, Korean Hand Acupressure, Mini-Manicure, Nourishing Nutrition, Reiki

#### ***Group Sessions***

Acupuncture, Caring Conversation (English or Spanish), Finding Meaning In Your Dreams, Guided Relaxation, Meditation for Caregivers, Music Therapy, Rx Laughter

#### ***Drop-in Stations (sign-up not required)***

Pampered Hands Paraffin Wax, Hand Massage, Mini-Makeovers, and More

#### ***Available Throughout***

Resource Information Table, Visits with Staff

3:00 p.m. **End of the Day**

#### **Sponsored by**

Boulder County Aging Services, the Senior Services of Boulder, Lafayette, Longmont, and Louisville, Alzheimer’s Association CO Chapter, HospiceCare of Boulder and Broomfield Counties, PrestigePLUS, and 50 Plus Marketplace News

**and**

#### **Sponsors of Boulder County Aging Services’ Caregiver Initiative:**

Aging Services Foundation, BrightStar Healthcare, Golden West, HospiceCare of Boulder and Broomfield Counties, Hover Community, Juniper Village, Life Care Center of Longmont, Mesa Vista of Boulder, Plan B Home Care Services, Special Transit, The Peaks Care Center, Vincent, Romeo & Rodriguez, LLC, and Windhorse Family and Elder Care

