



Free Event
Register early to
reserve lunch!

WellsBrooke Caregiver Retreat

Thursday, March 25, 2010

9 am – 4 pm

Eagle Eye Golf Clubhouse

15500 Chandler Road, E. Lansing, MI

Name: _____

Address: _____

Phone: _____

Email: _____

Special needs: _____

Please submit registration to:

WellsBrooke
ATTN: Sherry Gast
1401 East Lansing Drive, Suite 106
East Lansing, MI 48823

For questions, or to register by phone,
fax or email:

Main: 517.507.5117
Fax: 517.332.1920
Email: sgast@wellsbrooke.com



RSVP Requested

Thanks to our Sponsors!

Title Sponsor



Partner Sponsors



Gold Sponsors

Grandhaven Living Center
 Origami Brain Injury Rehab

Silver Sponsors

- Acuitas LLC
- Airway Oxygen
- Always Bloomin'
- Alzheimer's Association
- Bickford Assisted Living
- Brookdale Senior Living
- Center for Optimal Health
- Chalgian and Tripp Law Offices
- Dimondale / Holt Rehab Centers
- Extendicare Rehab Center
- Gorsline Runciman Funeral Home
- Prestige Way and Prestige Pines
- Simplified Tax and Accounting



Additional vendors will be on-site to offer valuable information!



Presents the 3rd Annual

Caregiver
Retreat



Thursday, March 25, 2010
9 am – 4 pm
Eagle Eye Golf Clubhouse

15500 Chandler Road
 East Lansing, MI

This is a free event. Registration is required.

A **Caregiver** is an individual who regularly assists a loved one with personal care, household chores, or health issues.

Relax...

Your mind and body

- Relaxation station
- Massages
- Manicures
- Facials
- Bracelet making
- Nikki and Ricky concert
- Horticulture therapy
- Woodworking



Restore...

Your inner peace

- Keynote address
- Table talk with fellow caregivers
- Nutrition and fitness by Dr. Pawsat
- Finances – SSI/SSDI
- Finances – Reverse mortgage and VA
- Organization and activity

Rejuvenate...

Your taste buds

- Continental breakfast
- Spuds buffet lunch –
Potato, soup & salad bar
- Dessert



Your fun factor

- Dessert
- Retail therapy – new this year!
- Door prizes!

A day for caregivers to...

Relax...

Restore...

“Renew”

Keynote Speaker – 9 am

Pamela Bergeron, RDH, MA



“Renew Yourself”

***Using Your Strengths to
Meet Challenges and
Uncover Opportunities***



Free Respite Care

While we take care of you, there is a wonderful opportunity for your loved one to enjoy a day of special activities at any of the following locations:

Grandhaven Living Center
Lansing, MI
517.485.5966

Bickford Assisted Living
Okemos, MI
517.706.0300

Hill Toppers Adult Daycare
Lansing, MI
517.882.3403

*This respite care is provided free of charge.
Space is limited.*

Call a participating center to register your loved one by Monday, March 8, 2010.

***Be our guest for lunch and
enjoy a concert featuring
Nikki and Ricky***