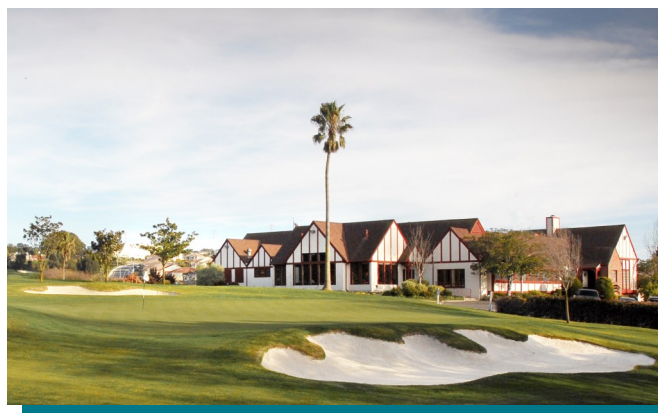


# Educational and Respite Retreat in Richmond

*Take Time for YOU!*

**You are invited** to join FCA for a free, one-day retreat designed especially for you, the family caregiver. Learn about caregiver self-care and stress management, and participate in therapeutic group activities like arts and crafts, yoga, dance, and tai chi. Network and share your experiences with fellow caregivers, and enjoy a catered brunch.



**DATES/TIME:** **Saturday, May 13**  
10 a.m. to 4:00 p.m.

**LOCATION:** **Richmond Country Club**  
1 Markovich Lane  
Richmond 94806

**TO REGISTER:** <http://bit.ly/FCARichmond>

**CONTACT:** Calvin Hu, [chu@caregiver.org](mailto:chu@caregiver.org), (415) 434-3388 x 313

**Respite scholarships are available.** Please call or email for more details.

*Pre-registration is required. Please let us know if you have a disability and require assistance. Unfortunately, we are unable to accommodate professional caregivers at this retreat.*

