

Take Time for YOU!

CAREGIVER EDUCATIONAL and RESPITE RETREAT in Fremont

You are invited to join

Family Caregiver Alliance (FCA) and the City of Fremont for a FREE one-day retreat designed especially for you, the family caregiver. Enjoy a visit to Dominican Sisters of Mission San Jose, located in the historic Mission San Jose district of



Fremont. The tree lined campus includes a newly restored home from 1885, the largest mission-era olive grove in California, a labyrinth, and numerous gardens and green spaces throughout. You'll enjoy a complimentary breakfast and lunch, educational presentations for caregivers, a therapeutic group activity, and a chance to share your experiences with other family caregivers.

WHEN: Friday, April 27 | 9:30 a.m. to 3:15 p.m.

WHERE: Dominican Sisters of Mission San Jose
www.msjdominicans.org
43326 Mission Circle, Fremont 94539

REGISTRATION: <http://bit.ly/2018Fremont>

CONTACT: Calvin Hu, chu@caregiver.org
415.434.3388 x 313



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

This program is presented by the City of Fremont in collaboration with Family Caregiver Alliance and funding provided by the Alameda County Area Agency on Aging. FCA supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call (800) 445-8106 or visit www.caregiver.org.