

# Caregiver's Support Group

**Who:** Any local Caregiver caring for a loved one

**When:** The last Tuesday of the month, 4 pm - 5 pm

**Where:** Webster Rec Center (1350 Chiyoda Dr, Webster)

**Cost:** There is NO cost and there is no need to register



Need assistance for your loved one? Bring them along! Beth Parry, from Wellness 360, will be available to support your loved one with supervised fun. This will allow you to enjoy your time without the hassle or worry of finding extra care.

## What are our Caregivers saying?



Our support group has been a blessing to me. My family lives out of state and there are a lot of daily struggles I don't feel comfortable sharing with friends. I know this is a group that doesn't judge my feelings because we are all going through the same situations. I have found a lot of useful information from our gatherings, and we always manage to have a good laugh or two!



[www.wellness360fitness.com](http://www.wellness360fitness.com)