



Caring for Caregivers

November is Caregiver's Month!

Wellness 360 wants to honor and thank the caregivers of our community for always giving their time, energy, and love. We will be offering the following events throughout the month of November for ALL caregivers! You do NOT need to be a participant of Wellness 360 for these events and giveaways!

- ▶ Gift giveaways from local businesses!
- ▶ Multiple respite events with supervision for your loved ones
- ▶ Self care tips, emails & blogs
- ▶ Caregivers for Parkinson's Support Group

If you are a caregiver & would like to participate in our Caregiver events, please use the following link to fill out the form:

<https://www.wellness360fitness.com/special-events>

call us at 585-259-0782



191 W Main St, Webster & 1328 University Ave, Rochester

www.wellness360fitness.com