



FRIENDSHIP NOW connect smile healing  
 kindness • COMPASSION purpose  
 caregiver healthcare patience  
 long term sense  
 support LOVE UNCONDITIONAL nurture  
 respect trust GRACE  
 time activity mobility dignity family THERAPY  
 inclusion community

# Do you want to give back to the Community?

Join Wellness 360's team as we give back to our community by supporting those that give unconditionally. We are asking local businesses for small financial donations or products for gift baskets to give away to local caregivers each day the month of November. (see back).

This Month Was Brought To You By These Amazing Local Sponsors



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

During the month of November, we will be offering:

- ▶ Daily Gift Basket Giveaways
- ▶ Respite Social Time
- ▶ Respite Shopping Trip
- ▶ Caregiver Support Group

Your business will be highlighted at each Respite Event, on the Wellness 360 website and all social media platforms,

To participate, please contact:  
 Beth Parry (585) 259-0782  
[beth@wellness360fitness.com](mailto:beth@wellness360fitness.com)

Thank you to those that donated in 2022!



191 W Main St, Webster ▶

1328 University Ave, Rochester

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

▶ 585-259-0782

# How Can You Help?

## Make a Gift Donation:

Our goal is to give away small gifts to as many Caregivers as possible in November. Donation suggestions include but are not limited to:

- ▶ Gift Certificates for coffee, Instacart, DoorDash
- ▶ Bottle of wine or a dinner-out certificate
- ▶ Personal items like lotion, candles, flowers, journals
- ▶ Self-care gift certificates for manicures, pedicures, etc
- ▶ Items with your logo: Mugs, water bottles, bags, etc

## Make a Financial Donation

We are planning 3 Respite events during November. These events offer an evening out for our Caregivers. Wellness 360 will have supervision for their loved ones. These events are of NO cost to the Caregiver. Any financial donation given will be used for food, room rental, and beverages.

## Additional suggestions:

- ▶ Finger food/baked goods donations for our Caregiver's events
- ▶ Pizza donations for their loved ones

## Give Local Discounts

We are hosting a Holiday Shopping Respite Event for our Caregivers. We would love for our Caregivers to have special discounts for local restaurants and shops to enjoy for the evening. We do not yet have a date for the Holiday Shopping Respite event. More to come.

If you have any questions or would like to participate, please reach out to Beth at [beth@wellness360fitness.com](mailto:beth@wellness360fitness.com)



191 W Main St, Webster

▶ 585-259-0782

▶ 1328 University Ave, Rochester

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