



Caring for Caregivers

Enjoy a night of laughter, new friendships, and respite care. Our Caring for Caregivers events are held quarterly; we invite Caregivers with a loved one with any progressive diagnosis to join us for an evening of appreciation.

- ▶ Our Caregivers bring a finger food to pass and a drink of your choice to share (wine is allowed!).
- ▶ Bring your quarters for a night of Left, Right, and Center.
Not sure how to play?
No worries, it is easy to learn.

Where: Webster Rec Center
(1350 Chiyoda Dr)
When: Thurs, Sept 14th
Time: 5:30 - 7:30pm
*These events are always
FREE for our Caregivers*

Needing a place for your loved one? Bring them along for supervised fun from the staff and volunteers at Wellness 360! Your loved one will be in the same building but a different area. We will provide pizza, dessert, and water for your loved ones. There is a pool table, ping pong, TV, and comfortable seating for everyone's needs. There is a small cost of \$10 if you chose to bring your loved ones.



This event is not a support group but a safe place to laugh and enjoy 2 hours of "YOU" time.



Phone: 585-259-0782 ▶ Fax: 585-512-8372

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

www.wellness360fitness.com