



Nominate a Caregiver

November is National Caregiver month. Wellness 360 and many local businesses would like to extend our gratitude to our local Caregivers.

We are offering:

- ▶ *Caregiver Support Group
- ▶ *2 Caregiver Respite Events
- ▶ Daily Gift-Basket Giveaway

Nominate a Caregiver



*Beth from Wellness 360 will be available for supervised fun with your loved one at our Support group and Respite Care events



www.wellness360fitness.com