

FREE OPEN TO THE PUBLIC

CAREGIVER CONNECT EVENT

“Strengthening the Caregiver”

A new type of event offering a wide range of interactive activities, information, and resources aimed at promoting the health and wellness of caregivers.

Caregiving Resources And Activities Focused On Your Health

- **WELLNESS SCREENINGS**
BIA testing, hearing exams, health assessments, movement assessments
- **EDUCATIONAL WORKSHOPS**
Nutrition, exercise, stress management, mental health, and chronic disease prevention
- **SAFETY INFORMATION**
Injury prevention, first aid, CPR training, and emergency preparedness
- **HEALTHY LIVING PRODUCTS**
Fitness equipment, supplements, essential oils, and natural remedies.

Fitness Demonstrations

Nutrition Guidance

Expert Presentations - Up to date information on Alzheimer’s research

Healthy breakfast and snacks

Healthcare enrollment

Community Senior Care Partners - Each targeting ways to improve caregiver quality of life



**Friday, October 27, 2023
9:00 am to 1:00 pm**

**Bellevue Heights Church
9440 W. Hutton Drive, Sun City**

**PLEASE CALL (623) 584-4999
TO REGISTER TODAY**



Benevilla®