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CAREGIVER RELIEF AND REVITALIZATION

Hosted by: Brookdale Trail Ridge, Hospice of the West, and About Seniors.

Come take a break, make new friends, try something new and learn a little too!

So often as caregivers we take our own lives and needs for granted. Whether you are caring for a loved one at home or you’re just trying to learn how to live again, come and join us for a social hour the second Tuesday of every month.  Are you unable to leave your loved one home alone? That’s ok, bring them along to enjoy an activity while you relax and enjoy the social hour. We will also share different resources that are available to you in the community.

When: The Second Tuesday of the Month from 5pm-6pm

Where: Brookdale Trail Ridge  ( 21739 N. 151st Ave. Sun City West, AZ 85375)

Upcoming event schedule:

February 14: Sweets for my sweet – chocolate making

March 14: Mellow Massages – Massages, reflexology, and Doterra essential oils.

April 11: April Showers will bring May flowers – Come learn how to make

 Professional flower arrangements

Please make sure to RSVP the Friday before the event. 623-546-3650