

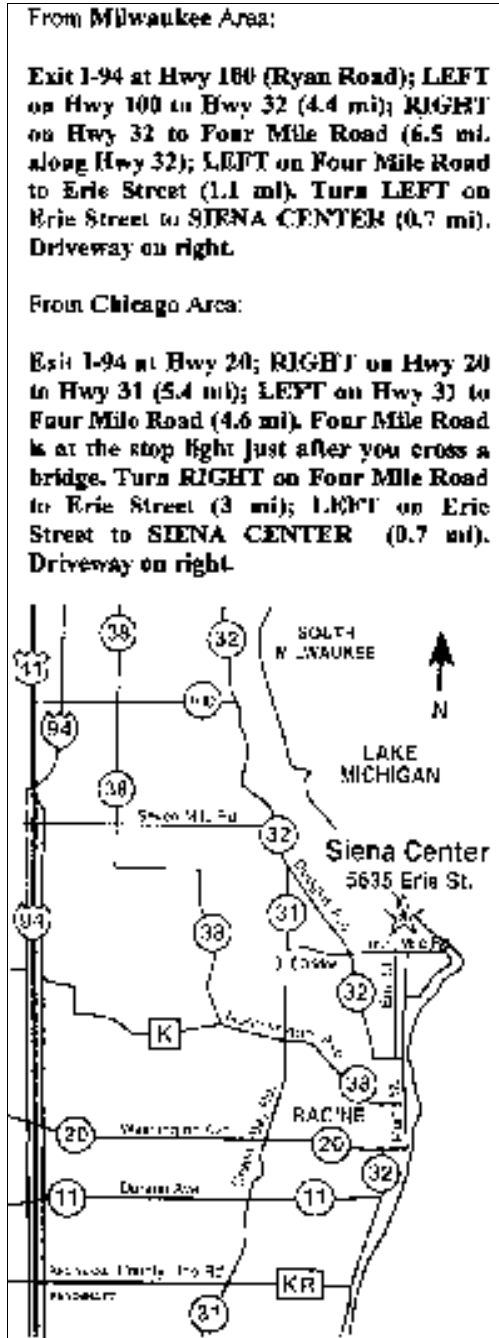
THE PRESENTERS

Linda Angel is a psychotherapist at Family Service of Racine, whose training includes geriatric issues.

Nancy Bauer-King is a retired United Methodist pastor who has serviced Wisconsin parishes for over 20 years.

Judith Christopher is an ordained United Methodist minister, Reiki Master and Teacher. Judith also writes, teaches, and leads retreats and workshops.

All three women are/were involved in caring for their mothers.



Day for Caregivers Taking Care of Yourself While Taking Care of Others



Saturday, 9 am – 3 pm
January 16, 2010
Siena Center

Presented by
Linda Angel
Nancy Bauer-King
Judith Christopher

Day for Caregivers

What does it mean to take care of yourself while you are caring for an elderly loved one?

Sometimes caregiving can be exhausting.

Spend a day of renewal and explore your physical, emotional, and spiritual needs as you tend to the needs of your mother, father, or loved one.

All of the presenters are or were involved in attending to their mothers.

Date: Sat., January 16, 2010

Check-in at 8:30 AM. Program runs 9:00 – 3:00 and includes the noon meal.

Location: Siena Center

Retreat Department
5635 Erie Street, Racine, WI 53402

Cost: \$42.50 (incl. \$10 n/r deposit)

We offer a few partial scholarships; feel free to inquire if you have a need.



For more info, contact S. Rita Lui at
(262) 639-4100 x1230

rlui@racinedominicans.org

Visit us at www.racinedominicans.org

Day for Caregivers

January 16, 2010

Name _____

Address _____

Phone _____

Email _____

____ Enclosed is \$42.50 in full

____ Enclosed is \$10 deposit

Special needs? _____

Make your check payable to Racine Dominican Retreat Program and mail with form to S. Rita Lui at Siena Center, 5635 Erie St., Racine, WI 53402.