



Creating Your Self Care Plan

As guardians we are caregivers, and as caregivers we must take care of ourselves!

Please join us to create your own self care plan!
Presented by Courage to Caregivers



MAY 1, 2024

5:00PM

Willoughby Public Library
30 E. Spaulding Street
(lower level)

Space is limited so registration is required

Contact Jennifer at (440) 350-2234
by 4:00pm on April 29th to register

