



An Attitude of Gratitude

Caregiver Retreat

Tuesday, November 12, 10am-1:30pm — Dakota Town Hall, N1470 State Rd 22, Wautoma

- 10:00** **Registration and Refreshments**
- 10:30** **Welcome and Introductions**
- 10:45** **Easy Snacks When Time is Limited**
Valerie Ladwig, Registered Dietitian. Learn quick and easy recipes for snacks and meals on the go.
- 11:15** **Making Time for Exercise**
Amanda Kutcher, ADRC Health Promotion Coordinator. Tips to fitting exercise into your day.
- 11:45** **Lunch**
Lasagna, Salad, Garlic Bread, Dessert
- 12:30** **Story of a Caregiver**
Wayne Waedekin, 2015 Alzheimer's Association Caregiver of the Year
- 12:50** **Actions for Happiness**
Martha Bechard, Waushara County Caregiver Coordinator
- 1:20** **Finding Your Gratitude**

Free for all informal caregivers. Call (920) 787-0403 or 1-877-364-5344 toll-free to register by November 7.
Respite and transportation assistance available if arrangements are made by November 5.

Sponsored by Waushara County Department of Aging and the Caregiver Coalition Team