

Multnomah County Family Caregiver Support Program

Register Now!

11th Annual

GRANDPARENTS RAISING GRANDCHILDREN

Retreat

Thursday June 8th, 2017

9:30 a.m. – 2:30 p.m.

Location: Gethsemane Lutheran Church
11560 SE Market St, Portland

**Free
Event**

Join us for:

- Relaxing, inspiring, and rejuvenating activities including chair yoga, a workshop on self care and relaxation techniques, and Zumba Gold for stress reduction through fun and easy dance moves!
- A place to meet other grandparents, aunts, uncles and great grandparents raising relative children.
- Massages, lunch and new friends!

To register online go to:

<http://bit.ly/2017gprgc>

or Call: Stephanie Hooper: (503) 348-3633

or after May 22, 2017

Call: Loriann McNeill: (503) 988-8210

This is a FREE event sponsored by the Multnomah County Family Caregiver Support Program of the Aging, Disability and Veterans Services Division and the Jessie F. Richardson Foundation.

family
caregiver
support
program
care for the caregiver

 **Multnomah
County**
Aging, Disability and Veterans Services Division