



Caregivers' Café

FREE!
Register now

Wednesday, June 19

Better Communication with Memory Impaired Loved Ones with Geneviève Gaboury, Société Alzheimer de Québec

Wednesday, July 3

Mindful Walking with Christiane Ruggiero

Wednesday, August 14

Yoga Stretches with Sule Tomkinson

Tuesday, September 24 at 6:45pm

Last Will & Testament - FAQ with Notary Pier-Luc Girard

If you are reluctant to attend because you cannot leave your loved one along, please call us so we can find a way to assist you.

If you are caring for an aging loved one either near or far, the Café offers an oasis where you can share experiences with other English-speaking caregivers. Join us to find resources, learn new things, and enjoy some refreshing and well deserved ME time!

Place: The Café is usually held in Jeffery Hale Pavilion (1270 chemin Sainte-Foy, Québec QC G1S 2M4)

Parking: Free in the Jeffery Hale parking lot (we will give you a coupon)

Time: 10:00am unless otherwise indicated

Refreshments: Enjoy healthy, homemade goodies along with your choice of beverage while you relax!

RSVP: Jan Anderson, Community Organizer 418-684-5333 ext. 1539

wejh.ca



This activity exists thanks to funding from:

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