



# CAREGIVERS QUALITY OF LIFE WORKSHOPS

*Skills for Balancing Your Health and Theirs*

*Caregiving can be very overwhelming. These workshops can be helpful for anyone who is caregiving for someone living with a serious illness or receiving palliative care.*

*Presented By:*



*Supported by Dorothy Mills Fund*

## **DATES**

**October 26<sup>th</sup> and November 2<sup>nd</sup>**

## **TIME**

**9:00am - 2:30pm**

## **LOCATION**

**The Heritage, 3630 Brown Road, West Kelowna, BC – Library Room**

***A light breakfast and lunch will be provided***

***Pre-registration is required by October 21, 2019 by calling COHA 250-763-5511. A minimal fee of \$5 is required for each workshop. Limited seating is available.***

***Visit [hospicecoha.org](http://hospicecoha.org) for more details.***

