



February 10

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Regaining Vitality!

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata**

**Monday, February 10, 7pm
Free. All welcome.**

Elise Laviolette, *The Oasis in Kanata* Program Manager, will share tips and strategies to help caregivers regain some vitality by alleviating the stress caregiving places on their nervous system.

She will present simple mental and physical exercises caregivers can do throughout the day to give their nervous system a break without having to add a time-consuming item to their “to-do” list.