



Self Care for Better Living Series

Everyone deserves a little personal time! Self care allows us to fuel ourselves for so that we are better able to care for our loved ones. Join us for one of our Evenings of Self Care and connect with individuals who share your journey.

activities for better living	date	fee
<p>Artistic Evening Learn how to create a one of a kind decorative tile that can be used as a coaster, trivet or simply be displayed in your home.</p> <p>All you need to bring is one to two photos or images you may want to use, your imagination, and we'll supply the rest!</p>	Friday 08/16/2019	\$25 a person or \$40 for 2 people
<p>Meaningful Conversations We'll share our personal achievements, concerns as well as strategies to help maintain our emotional health while being emotionally available for our loved ones. A little help can go a long way.</p>	Friday 09/27/2019	\$25 a person or \$40 for 2 people
<p>Art Journaling Learn the benefits of journaling! Afraid to write?</p> <p>Then come see how you can use fun and creative ways to express yourself. If you attended a previous session please bring your journal.</p>	Friday 10/18/2019	\$25 a person or \$40 for 2 people
<p>Healthy Recipe Join us as we discuss ways to make a quick and healthy meal your family will love!</p>	Friday 11/08/2019	\$25 a person or \$40 for 2 people

Registration fee includes wine, refreshments, hors d'oeuvres and all supplies needed for each session. Sign up for our entire series and bring a guest for free to one of the classes of your choosing!

We will be providing respite care which will also incorporate fun and creative activities for those who attend.

respite care activities	date	fee
Movies and Popcorn	08/16/2019	Free
Craft Project	09/27/2019	Free
Create A Fabric Candy Bag	10/18/2019	Free
Cooking No-Bake Cookies	11/08/2019	Free



WHERE
Sea Turtle Adventures
721 US Hwy 1, Suite 207-208



WHEN
6:00 - 6:30 PM Meet & Greet
6:30 - 8:30 PM Hands on activities

Register by contacting **Kim Daniel (Program Coordinator)** at connectionsforfamilies2019@gmail.com
Please include the name(s) of the attendee(s) for each session,
as well as any respite attendees names.