JourneyCare

You Matter Too: The Journey of Caregiving

Thursday, November 14, 2019 at 2:00-3:00 p.m.

Caregiving can be stressful and overwhelming. Join us as we explore creative ways to balance the stressors of caregiving while maintaining health of mind, body, and spirit.

The Community House

415 W 8th Street

Hinsdale, IL 60521

RSVP to: (630) 323-7500 x232

This event is made possible by the Community Memorial Foundation.

The Community House

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