

# ***Military & Veteran Caregiver*** **Wellness Workshop**

*Please join Hope For The Warriors for a  
Military Caregiver Wellness Workshop*

**Wednesday, February 22, 2017**

**9:00 AM - 3:30 PM**

**W. Nyack, New York**

**One-Day workshop will focus on Self-Care and Mindfulness Practices for Military Caregivers. Activities include:**

- ◆ **Art Therapy**
- ◆ **Applied Theater Experiential**
- ◆ **Yoga Class**
- ◆ **Share Time with Other Military Caregivers**

**Workshop is open to military caregivers of post-9/11 service members or veterans that have been physically or psychologically wounded. Caregivers can include spouses, parents, children, partners, siblings, and friends.**

**For more information and to register, contact**

**Shelley Rodriguez at **646-565-0569** or**

**[srodriguez@hopeforthewarriors.org](mailto:srodriguez@hopeforthewarriors.org)**

**Childcare vouchers available upon request**

*\*More information about the workshop will be provided when you register  
In the event of inclement weather, all participants will be notified of a make-up date.*



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**[info@hopeforthewarriors.org](mailto:info@hopeforthewarriors.org)**

**[www.hopeforthewarriors.org](http://www.hopeforthewarriors.org)**



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**These workshops are funded by a generous grant from the RBC Foundation**