



## TENDING THE HEART

### *Taking care of yourself amid family illness*

Through learning and sharing, this group will serve as a tool for assisting caregivers that are caring, or have cared for, a loved one on a daily basis. Caregivers have an opportunity to meet and share with others who are experiencing similar life challenges.

Primary goals will be to:

- Support and educate caregivers
- Promote emotional health
- Discuss sound caregiving strategies
- Raise awareness of resources
- Provide tips for stress reduction
- Allow for personal growth.

A separate group will be held simultaneously for loved ones suffering with dementia or other health needs. This group will focus on social engagement and meaningful activities, offering caregivers a much-needed break.

Facilitated by Liz Rowles  
MSW, BAYADA Hospice

#### DATE

Fourth Thursday of every month:  
Thursday, May 23, 2019  
Thursday, June 27, 2019  
Thursday, July 25, 2019  
Thursday, August 22, 2019  
Thursday, September 26, 2019

#### TIME

1:30 pm to 2:30 pm

#### WHERE

Wesley Enhanced Living  
You will receive a call with the specific room location.

#### RSVP

Sign-up is necessary by emailing your name and phone number to [dfournier@wel.org](mailto:dfournier@wel.org) or contacting the Concierge Desk at 610-353-7660.

 [bayada.com](http://bayada.com)

  
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