

CAREGIVERS' DAY

Reconnect with your Mind, Body, Spirit and Energy

Working too hard? Giving too much? No time for you?

This will be A Special Day for you -
helping you to care for your SELF and the Inner You.

Come and spend a day of reflection and self-care opportunities while learning about Holistic and Energy Medicine ways to transform your life and your family life. It will be a day of experiencing holistic approaches, learning new tools and fun including Mindfulness, Reiki, Meditation, Tapping, Art, Drumming, catered lunch and more in the beautiful peaceful setting of Veterans Basecamp in Chaplin, CT.

Sponsored by

Veterans Basecamp

with

**Deborah Stegmaier, Founder of Well-Being for Warriors
and Albert Guillion, LFT**

Saturday, April 7th

9:45-4:00

Veterans Basecamp

108 England Rd

Chaplin, CT

Reservations required - space is limited

email to reserve your spot - info@veteransbasecamp.org

or Call 860-477-1333

childcare is available