



FamilyMeans

CAREGIVING & AGING

Caring for the Caregiver

Join us to expand your thinking about your caregiving life. Through movement, voice, memories and stories, caregivers will explore ways to express feelings associated with what it means to accept changes, a diagnosis, new or lost identities. No prior artistic or movement experience is needed.

Mondays, September 30, October 7 & 14
12:30- 2 p.m.

Forest Lake YMCA
19845 Forest Rd N,
Forest Lake, MN 55025
Free, donations accepted

Our guest presenter: **Suzanne Costello** has been Artistic Co-Director of Stuart Pimsler Dance Theater since 1984 and Director of the company's Arts & Health, Arts & Education, and Community Inclusive Programs. She has created and implemented thousands of workshops throughout the U.S. and abroad with a multitude of populations: caregivers; stroke survivors; persons with cancer; veterans; students of all ages.

Register with Heidi Ricks -(651) 789-4017 or hricks@familymeans.org

OR

Register at the YMCA front desk

