



FamilyMeans
CAREGIVING & AGING

Caring for the Caregiver

Writing Workshop

Treat yourself and enjoy coffee and treats before the busy holiday! Meet other caregivers and learn the simple practice of free writing using prompts to help relieve stress and share stories.

Friday, November 22nd

10am-12pm

FamilyMeans Heimermann Room
1875 Northwestern Ave S, Stillwater
FREE TO ATTEND

Our guest presenter **Suzanne Costello** has been Artistic Co-Director of SPDT (Stuard 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 US and abroad with a multitude of populations: caregivers, stroke survivors, persons with cancer, veterans, students of all ages.

Please contact our staff to register
at 651-489-4840 or
familymeans@familymeans.org