



FamilyMeans
CAREGIVING & AGING

Caring for the Caregiver Writing Workshop

Treat yourself and enjoy beverages and treats while meeting other caregivers! Learn the simple practice of free writing using prompts to help relieve stress and share stories about caregiving.

Tuesday, January 21
5:30pm-7:30pm
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.

SPDT
STUART PIMSLER DANCE & THEATER
THEATER FOR THE HEART AND MIND

metro
regional
arts
council

Please contact our staff to register
at 651-439-4840 or
familymeans@familymeans.org