



November 20, 2019

CAREGIVERS' DAY OUT

Take Care to Give Care

Wayne County Services on Aging

Peggy M. Seegars Senior Center

2001 E Ash St, Goldsboro NC

Taking Care of the Caregiver

Date: November 20, 2019

Registration: 8:30 am

Event Time: 9:00 am – 2:30 pm

Cost: FREE

Lunch Included

**RSVP REQUIRED
BY: November 15, 2019**

Contact:

Holly Williams

919-705-1928



EVENT ACTIVITIES

Tai Chi

Relax and Design

Dementia Live Simulation

Caregiver Health Screenings

Resources

Lunch

Laughter Yoga

Music for Memory

Join us for Caregiver BINGO, food, giveaways, and fun!

Space is Limited!

Must Register to attend.

Take care to give care!

Agency Partners:

