

# It's All About You!

## Family caregivers: Join us for lunch and a trip to **Himalayan Hideaway Salt Cave**

Salt has been used to decrease stress, increase relaxation and energy, and improve sleep and mood. Just think about how you feel after a trip to the beach!

**February 21 11:00 AM-3:00 PM**

(If Winston-Salem Forsyth County Schools cancel, this event is cancelled.)

**No cost** (Contributions accepted)

Limited availability. **Registration is required!**

Respite Care may be provided. Let's talk.

**RSVP** by February 15<sup>th</sup>

Transportation provided by St. Paul's Episcopal Church

Meet at Trinity Presbyterian Church

1416 Bolton Street



To register, call 336-748-0217 or email [llewis@shepardscenter.org](mailto:llewis@shepardscenter.org)



Questions: [llewis@shepardscenter.org](mailto:llewis@shepardscenter.org)

