

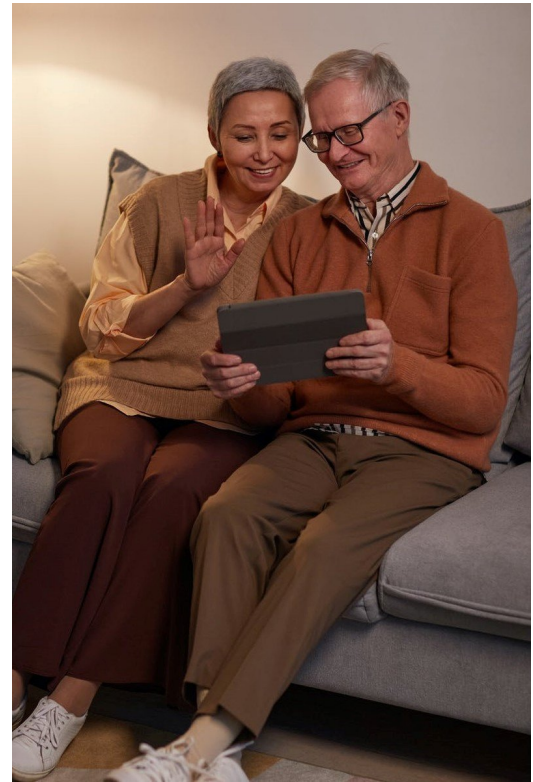
# Self Care for Caregivers



Are you a caregiver?  
If so, this meeting may be for you!

Come and hear about ways to fill your cup up so you can give fully to others. Robin Rhea, Development Director, Southwest Chapter of the Parkinson's Association, is our guest speaker!

If you are a caregiver of anyone with a disability or disease (of any type), come join us for this talk about self care. You can come on your own or bring those you are caring for. This is a no-cost event. Clean Juice and Midtown Microgreens will bring tastings! Please RSVP on Eventbrite.



Thursday, December 2, 2021  
6:30-7:30 PM  
Anthem Civic Building  
RSVP - Link is on Website

[www.AnthemHealthandWellnessClub.com](http://www.AnthemHealthandWellnessClub.com)



**CLEAN JUICE**

MIDTOWN MICROGREENS II

