

INSPIRE!BERMUDA

Advocating for an equitable society!

CALLING ALL CAREGIVERS!!!

"Finding Me - The Wisdom of Self-Care"

SATURDAY, 16TH MARCH 2019

Are you a caregiver? Are you caring for a loved one and often putting your own needs last? Or do you work in a facility caring for others? This day is just for you!



Enjoy a FREE EVENT with Sherrie-Lynn Lilley and others,
Informative, fun and refreshing!

9:30 a.m. – 4:30 p.m.

(Continental breakfast and a light lunch will be served)

The Anglican Cathedral Hall
29 Church Street, Hamilton HM 12

Certificates available, for more information call or email

1- 441-338-2455 inspirebermuda@mail.com