



# Caregivers' Night Out Series

## **Caring for Your Loved One and Caring for Yourself**

May 24, 6:30-8:30 p.m.

Nurture your gardening skills as Fairview Gardens demonstrates how to make festive salsa, mojito and tea patio herb gardens. Then nurture yourself by learning tips to avoid burnout, save time and get organized as a caregiver. The completed herb gardens will be given out as door prizes. Free. Presented by St. Cloud Hospital Women & Children's Center, Home Care & Hospice and Lifeline.

## **Mini-Law School for Caregivers**

August 30, 6:30-8:30 p.m.

Navigate the legal system more effectively as a caregiver. A lawyer will discuss management of your loved one's financial affairs, medical decisions and preserving family assets. All attendees will receive a health care directive packet. Free. Presented by St. Cloud Hospital Women & Children's Center and Home Care & Hospice.

## **A Thriving Social Network to Lighten Up Your Life**

November 15, 6:30-8:30 p.m.

Discover the social networks within our community that will ease the isolation and stress that often accompany cancer or any other life-threatening, long-term illness. Both the caregiver and survivor will find resources for keeping a positive home, work and financial life. Free. Presented by St. Cloud Hospital Women & Children's Center and Coborn Cancer Center.

## **Mini-Medical School for Caregivers**

February 2011, 6:30-8:30 p.m.

Stay calm when unexpected physical or mental issues arise. Learn how to manage your loved one's safety at home, illnesses and signs and symptoms that may indicate the need for medical care. Free. Presented by St. Cloud Hospital Women & Children's Center and Home Care & Hospice.

## **More Information**

Every attendee at our "*Caregivers Night Out*" programs will receive an inspirational bookmark and a chance to visit with community health agencies. All classes take place in the Windfeldt Room at the CentraCare Health Plaza in St. Cloud. Register at [www.centracare.com](http://www.centracare.com). Call (320) 229-5139 for more information.