

# 10th Annual Kudos for Caregivers In Honor and Celebration of all Caregivers

## Recipe for Healthy Caregiving

Friday, November 2nd, 2018

9:00am- 2:00pm

Grace Church 3626 WI Hwy 31, Racine, WI



To register for the event please contact Felicia 262-833-8761

### Keynote Speakers:

#### Sunday Muniz "Recipe for Nutrition & Wellness"

A sprinkle of vitamins, a dash of minerals, a cup of essential fats mixed with the right proteins and carbs. Season with tasty herbs & supplements, wash down with crisp, clear water, and watch your energy flourish.

#### Lynda Markut "Recipe for Caring"

You wouldn't start to cook a meatloaf without a recipe, yet many of us start our journey in caregiving without a plan, without understanding what some of the challenges might be, and without the knowledge of the resources out there for us. Lynda will take us on a storytelling journey through her years of caring and guiding others down the caring path. Caregiving is easier with a recipe, a plan to follow and the right ingredients.



### FREE EVENT

Light Breakfast

Lunch

Chair Massage by Dirk

Bone Density Screen

Blood Pressure Screen

Independent Living Center Display

Vendors Door Prizes

On-Site Respite Available (upon request)

Special Performance by the  
**"Amazing Grace" Chorus**

### On Site Respite Provided By

  
**BrightStar Care**<sup>®</sup>  
HOME CARE | MEDICAL STAFFING  
A Higher Standard

  
**Our  
Harmony  
Club**

Prep Time

1440  
minutes/  
day

Yield

1  
caregiver