ART WORKSHOP
for caregivers

SEPTEMBER 24, 10AM - 1PM
ASHBURN SENIOR CENTER
20880 MARBLEHEAD DRIVE, ASHBURN

Are you a caregiver looking to find ways to reduce stress resulting from the demands of constant caregiving?

Join a group of fellow caregivers as we spend an afternoon of togetherness, art and relaxation. Together we will learn and practice art forms and techniques that you can easily start and stop during the many moments of busy and calmer caregiving times throughout the day.

All workshop attendees will receive a Caregiver Art Starter Pack to take home and continue to take advantage of the relaxing benefits that practicing art provides.

A boxed lunch will be provided as well as all art supplies. To register for this FREE program, email: aaasupport@loudoun.gov or call: 571-258-3490.