



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

Free Yoga Class for Caregivers in the New Year

Caregiving can be stressful and often caregivers do not take time for self-wellness. This is an opportunity to kick-off the new year by focusing on *YOUR* health and wellness. Come to this FREE yoga class designed especially for you, the family caregiver.

Location- Henry Ford Medical Center - Second Street
Fitness Works - 2nd floor yoga studio
6525 Second Street Detroit, MI 48202

Class dates- January 22, February 19, and March 25, 2020.

Class time- 4:00-5:25pm

Cost- FREE

Registration coming soon through our website henryford.com/familycaregivers or call us at (313) 874-4838

*Registration required due to limited capacity

Classes are sponsored by Henry Ford Health System iCare4U Employee Resource Group. Additional locations will be offered in the new year...check out the website for more information!

7 Caregiver Support Groups

Henry Ford Health System C.A.R.E. Program offers 7 different support groups designed especially for family caregivers. They are free and open to anyone-you do not have to be caring for a patient of Henry Ford. We have locations in Detroit, Wyandotte, Clinton Twp., Troy, West Bloomfield, Plymouth, and Jackson.

For more specific information about our support groups, please visit www.henryford.com/caregiversupportgroups or call us: 313-874-4838

Schedule an Art Therapy Session

We have 2 art therapists with the C.A.R.E. Program who are excited to come to your location in the new year. Do you have a group of people at your place of worship, a community center, or at workplace that need to de-stress or would like a team-building exercise? We have many ideas for you to choose from. Some ideas include vision boards, acrylic canvas paintings, beaded bracelet making, manadalas, and more! Contact us today for pricing and to schedule a session with your group. Email CaregiverResources@hfhs.org or call (313) 874-4838

Save The Date-January 20, 2020

MLK Day Celebration / HF4Vets Color Guard

Henry Ford Hospital – Buerki Auditorium

Time TBD / Morning



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Contact Us at Henry Ford C.A.R.E. Program

henryford.com/familycaregivers

(313) 874-4838

CaregiverResources@hfhs.org

Facebook group: *Henry Ford Health System Family Caregivers*

We want to wish you a very Happy Holiday and safe New Year!