

# CAREGIVER SPRING RENEWAL

April 12, 2019 from 1-3 PM

**BLUE RIDGE ENERGY**  
**1216 BLOWING ROCK BLVD.**  
**LENOIR, NC 28645**



Join us for an event featuring music-assisted relaxation intervention with Tai Chi/Meditation. The purpose of this event is to recharge caregivers while giving them tools to incorporate into their daily lives. An educational yet fun event!

## TO REGISTER CONTACT:

**Mary Mitchell - Family Caregiver Support Specialist;**  
**[mary.mitchell@wpcog.org](mailto:mary.mitchell@wpcog.org) OR CALL 828.485.4256**

**Appalachian State University**

**HAYES**  
School of Music

