



Please Join Us:

Sunday August 10th

1:00 to 2:30

in the Knowledge Nook

This Month's Topic

**How to Care for Ourselves
While Caring for Others**

**Guest Speaker: Lisa McSeveney,
Licensed Family Therapist**

**If you can, RSVP at the Reception Desk
Even if you don't RSVP, please join us!**

Questions?

Please call Melanie Graf Family Leader - 303-913-6340

or call Andrea Wood, Shalom Park AD - 303-680-5000



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