



## Monthly Caregiver Educational Seminar

**Tuesday-February 17<sup>th</sup>**

**at 2pm**

**Stephanie Gunther**

**Del Oro Caregiver  
Resource Center**

**“Rooted in Care-Empowering  
Family Caregivers”**

*Light refreshments will be provided*

**Please join us!**

At Revere Court Memory Care, we believe that **support and education** are essential for every caregiver. Together, we can build understanding, resilience, and a stronger community of care.

This session is designed to help caregivers reconnect with their values, explore supportive relationships, and develop practical tools to nurture both themselves and those they care for. Participants will take part in a guided activity that helps reflect on their caregiving roots and strengths, leaving them feeling grounded and empowered in their roles.

**RSVP By February 13th**

**At 916-392-3510**

Revere Court Day Club offers socialization, supervision, assistance, and activities from 8:30 am to 5:30 pm, Monday through Friday in our clubhouse. We offer families the opportunity to “recharge” for the day while your loved one enjoys themselves.

**[www.RevereCourt.com](http://www.RevereCourt.com)  
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