

CAREGIVERS' DAY

Reconnect with your Mind, Body, Spirit and Energy



A Special Day for you...

Helping you to care for your SELF and the Inner You.

Working too hard? Giving too much? No time for you?

Spend a day of reflection and self-care opportunities while learning about Holistic and Energy Medicine ways to transform your life and your family life. It will be a day of experiencing holistic approaches, learning new tools, connecting with others and fun; including Mindfulness, Massage, Reiki, Meditation, Tapping, Art, Drumming, a catered lunch and more in the beautiful peaceful setting Veterans Base Camp, Chaplin, CT.

Sponsored by

Veterans Basecamp,

*Deborah Stegmaier, Founder of Well-Being for Warriors, and
Albert Guillion, LMFT, Military Support Program*

Saturday, April 7th 2018

Veterans Basecamp ~ 108 England Rd, Chaplin, CT

Registration: 8:45am-9:30am ~ Event: 9:30am-4:00pm

Email inquiries and to reserve your space: info@veteransbasecamp.org

Free offsite childcare also available upon advanced request.