

Minneapolis VA Health Care System

Caregiver Appreciation Day in honor of National Caregiver Month

Tuesday, November 17th, 2015

11:00 am - 3:00 pm

Resource Fair and Wellness Experiences for Caregivers

Resource Fair

Auditorium 11:00am - 3:00pm

- Home and Community Care Services
- Veterans Benefits Administration
- OEF/OIF/OND Program
- MyHealtheVet Enrollment
- Advance Directives
- Defense and Veterans Brain Injury Center
- Vocational Rehabilitation
- Homeless Veterans Program
- Family Psychoeducation Program
- Volunteer Caregiver Support Program
- Dementia Care Clinic
- Diabetes Education
- Smoking Cessation
- Suicide Prevention
- Social Security Administration
- National Alliance on Mental Illness
- Alzheimer's Association
- Metropolitan Caregiver Services Collaborative
- Senior Linkage Line

Wellness Experiences

Chapel 1:00pm - 3:00pm

- Massage
 - Enjoy a hands-on relaxation session
- Nutrition Information
 - Discover healthy food choices to improve health and wellness
- Mindfulness Opportunities
 - Develop skills to relax deeply and truly experience your environment
- Stress Reduction
 - Learn techniques to help manage and decrease your level of burden
- Energy Healing
 - Rebalance the body's energy for self-healing
- Essential Oils
 - Experience the use of essential oils to promote healing

***There will be Coffee, Hot Chocolate,
Cookies and Popcorn!***



Minneapolis VA Health Care System
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VA



U.S. Department
of Veterans Affairs