



Tuesday, Dec. 10

11:30 a.m. - 1 p.m.

Peninsula Agency on Aging

Williamsburg Office

4551 John Tyler Hwy., Ste.101

Williamsburg, VA 23185

December 10 - Caregiver Celebration

Come join us for an end of the year celebration with good food, fellowship and fun!

Get your creativity flowing with a rock painting activity to support the Resiliency Garden at Freedom Park, chair yoga/meditation to help reduce stress in the busy holiday season and a raffle to win a cozy afghan, crocheted by April!

Lunch Sponsor



For more information, contact Peninsula Agency on Aging at (757) 345-6277.

The Williamsburg Family Caregiver Lunch & Learn Series is offered through a collaborative partnership between:



**Peninsula
Agency on Aging**



**Colonial
Behavioral Health**
Wellness, Support & Recovery Services