



# Camp Paivika Presents

## "Mom's Getaway"

(Caregivers Conference for Women)

2010

Friday April 16<sup>th</sup> – Sunday April 18<sup>th</sup>

Join us for a unique "Getaway" just for you...

"Mom's Getaway" is a conference designed to meet the needs of women dedicated to providing care and support to individuals with disabilities. It provides a mix of relaxation, education and socialization in the company of other women, **this conference will rejuvenate you!**

You will choose from a variety of activities and workshops including: massage; yoga; Tai'Chi; creative expression through crafts; informal group sessions; educational/informational workshops designed to address the issues and challenges facing caregivers and the companionship of others.

Accommodations consist of 5 carpeted, heated cabins which sleep between 15 and 20 people each. Transportation is not provided and we regret that we are unable to assist in making carpool arrangements. This conference is open only to primary caregivers of individuals with special needs who are not paid for providing care.

Cost for the weekend is \$200.00 which includes accommodations, meals, 30 minute massage and all activities. A \$50.00 deposit is required of all registrants and the full fee is due three weeks prior to the event.

Space is limited. Please call Brenda at (909) 338-1102 ext. 102 and register today!

### Some Comments About Last Year's Conference...

*"Thanks a million!! I feel like a new person"*

*"Everything was great- I was very happy with the diverse programs & presenters offered."*

*"This was my first time attending and I did not expect it to be as great as it was!"*

*"This conference was truly amazing and the staff were wonderful. This was the highlight of my year."*