



OUR RETREAT TEAM

Moving in the Spirit's facilitator is Lindsay McGrath, an interfaith chaplain. Lindsay holds a Master of Divinity degree from Boston University School of Theology and is director of the Spirited Movement Foundation.

www.spiritedmovement.org

Chair massage will be donated by Christen Dexter CLMT of Massage Away and other area therapists.

Dance/Exercise will be provided by Jane McDonald and Dorothy Beaton.

Allyson Gormley LICSW is on staff at the APDA Information & Research Center at Boston University Medical Campus.



OUR LOCATION

Craigville Conference Center located at 39 Prospect Ave., Craigville, Mass. (near the town of Centerville) is a ministry of the Mass. Conference of the United Church of Christ. The quiet and undisturbed natural beauty of this location make it perfect for retreats, workshops and educational programs as well as vacations and family reunions. For more information on the village visit www.craigville.org You may call the Conference Center at 508 775-1265.

*COVER PHOTO
BY THERESE MCCARTY*

Moving in the Spirit, *Care for Caregivers*



Tuesday., June 21, 2011, 9:30 - 3:30 pm

An Interfaith Retreat for Caregivers

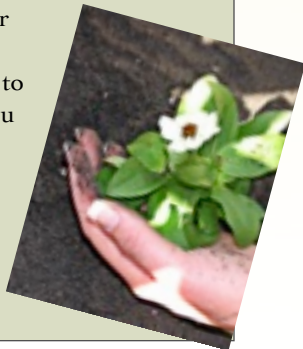
Sponsored by

The Parkinson Support Network
of Cape Cod



RELAXATION, REJUVENATION & RESPIRE

As caregivers we put others first and often forget to meet our own needs. Come and be renewed and discover how to nurture yourself even as you care for others!



Because caregivers need care too . . .

A Special Retreat Day

Tuesday, June 21, 2011

9:30 am - 3:30 pm

*Sponsored by the
Parkinson Support Network
of Cape Cod*

Caring for someone with Parkinson's disease is challenging! Caregiving is hard work and can tax our bodies, minds and spirits.

Moving in the Spirit, Care for Caregivers is an interfaith spiritual retreat especially for those of us who care for people with Parkinson's disease. The retreat will be facilitated by Lindsay McGrath, M.Div., an interfaith chaplain.

Our day will include

-- Unique worship, spiritual exercises and large and small group discussions.

-- A session on caregiver resources with Allyson Gormley LICSW from the American Parkinson Disease Assn. Information and Referral Center at Boston University Medical Campus.

-- Breakout sessions with dance/exercise, guided meditation and chair massage.

-- A delicious lunch and snacks.

Cost is \$40. reservations required. To register, call Jacquetta Hester at 617 667-0598. Space is limited, please register by June 15.

Checks may be made payable to PSN/BIDMC and mailed to:

PSN/BIDMC
330 Brookline Ave. BR 270
Boston, Mass. 02215

