



Council on Aging
of St. Lucie, Inc.

The Council on Aging of St. Lucie Invites you to... *Relax, Refresh, Reconnect*

A **Free** Community Event for Family Caregivers
FRIDAY

November 6, 2026

**Location: 2501 SW Bayshore
Blvd. Port St. Lucie FL 34984**

10:30 AM – 2:00 PM

Join us for an inspiring day dedicated to family caregivers. Learn practical strategies for reducing stress, preventing burnout, and prioritizing your own well-being while connecting with valuable community resources.



WHAT YOU'LL EXPERIENCE



Inspiring
Speakers



Relaxation
Stations



Self-Care
Activities



Lunch
Included



Raffles &
Giveaways



Community
Resources

Your self-care matters!

To RSVP call

(772) 579-7885

Special Thanks to our Community Supporters and Sponsors

