

Day of Healing

A revitalized caregiver is an effective caregiver

To thank you for your continued commitment to bring the arts to your clients and care for others, Art-Reach and BuildaBridge brings you the opportunity to spend a day focusing on your own well being. Since a revitalized caregiver is an effective caregiver, we invite you to participate in a Day of Healing. Plenty of activities geared towards invigorating the mind, body and essence that drives us to help others daily will be available, including massage sessions throughout the day.

February 19, 2010
10:00am to 4:00pm

Second Baptist Church of Germantown
6459 Germantown Ave
Philadelphia, PA 19119-2345

***Please note all activities are first come, first serve & session sign up will be provided at 10 am registration. The church has accessible parking, but no elevator and some sessions will be offered on the second floor. Participants must be current liaisons.**

A fee of \$10 will be charged to cover the price of lunch

RSVP to Stephanie Borton
215-568-2115 x3 or by email at

sborton@art-reach.org

RSVP by Tuesday, February 16
Space is limited, so RSVP early

Spend a day with fellow caregivers participating in creative arts and holistic activities.

- **Kick off activity:** Meet and learn from Penelope Reed, Producing Artistic Director of Hedgerow Theatre, as she presents theatre arts interactive games and exercises to relieve stress and share experiences creatively.
- **Concurrent break out sessions** of dance and movement, sculpture, jewelry making, baking, yoga and more will be offered. Art-Reach In-Facility Artist, Beth McGuiggan, will lead the session in sculpture.
- **Musical performance** during lunch by a musical Art-Reach In-Facility Artist and opportunity to enter a free raffle.
- **Sixty Second Speed Networking:** Get to know your fellow caregivers better and identify organizations with missions, interests and goals similar to your own.
- **Closing activity:** Announcement of raffle winners and Art-Reach In-Facility Artist, Tony Mascara, will lead a group drumming circle

