



NATIONAL

FAMILY CAREGIVER MONTH

MONTH

LET'S CELEBRATE YOU!



THREE Open Houses!

November 22nd 2022 | 4:00PM - 6:00PM

East Valley ReCreación Center
2234 East Maryland Drive, Tempe, AZ 85281

November 29th 2022 | 4:00PM - 6:00PM

Central ReCreación Center
3620 North 4th Ave, Phoenix, AZ 85013

November 30th 2022 | 4:00PM - 6:00PM

West Valley ReCreación Center
16209 N. 67th Ave, Glendale, AZ 85306



Dinner is on Us!

You can eat there or take it to go!

For the caregiver and their loved one(s).



Fun and Door Prizes!

Mini Workshops:

Prayer Motion: 4:30PM – 5:00PM

Integrating movement with prayer & music.

Ha Ha Spa: 5:15PM – 5:45PM

De-stress with laughter activities.

Facilitator

*Debbie Harbinson, MIH, RN, Harbinson
Wellness Solutions*

Other activities

Tours, Community Resources, & more!

Hosted by:



In Partnership with:



CONTACT US

RSVP to Pennie: RSVP@fsl.org
or 602-285-0505 x329

Please let us know which date
and how many in your party.