

# Nelson Caregiver Support Walk & Talk Group



A free walking group supporting family and friend caregivers, caring for Seniors (55+).

Relax, walk, and connect with people who understand the joys and challenges of being a family/friend caregiver. Learn new strategies, gain knowledge of local and provincial resources, and feel supported!

**When:** Every fourth Tuesday of the month, 1:00–2:30pm.

**Where:** Lakeside Park, Nelson (meet at Rose Garden Café)

**Contact us at [info@wkbcaregiver.org](mailto:info@wkbcaregiver.org) or 1-888-212-2337 to register.**

**If you are already involved in our program, drop in and have a supporting walk with us!**