

# Caregiver Café: Refuel, Recharge, Renew

## A Morning to Support and Uplift Caregivers

Join us for a morning of support, learning, and relaxation tailored for caregivers. Enjoy insightful talks, connect with others, and discover helpful resources.

**Saturday, March 29, 2025**

**Check-in:** 8:30 a.m.

**Event Time:** 9 a.m.-Noon

**Sonntag Pavilion**

Barrow Neurological Institute

2910 N. 3rd Avenue, Phoenix, AZ 85013

*Complimentary light breakfast & refreshments will be served.*

*Scan code or click  
below to register*



### Topics and other features:

- “Mindfulness Essentials”
- “Nutrition for Cancer Care”
- Q&A panel featuring Barrow oncology providers
- Resources and handouts with additional support materials and helpful information

***Exciting raffle prizes!***

## This Event is Free of Charge

**Registration is required by Saturday, March 22, 2025 at 5 p.m.**

If you have questions, please contact:

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