

Free Training, Food, and Daycare!



Where:

Hawai'i Island Adult Care
Golden Heart Wing
561 Kupuna Place, Hilo, HI 96720

Time:

9:00 AM - 1:00 PM

**See Disclaimer Below*

CAREGIVER RESPITE DAYS:

Every Third Saturday of the Month!

2025

SAVE THE DATES!



See monthly Respite day flyers for information

04/19

**Workshop Session with Arliss Dudley-Cash:
"Integrating Emotional & Physical Health"**

05/17

**Ceramics Hand-Building Workshop:
The Benefits of Art for Dementia with Suzanne Wang**

SAVE YOUR SPOT!



Contact Samantha at development@hawaiiislandadultcare.org
or call **(808)480-3733** to reserve your spot for these days!



ABOUT:

All Caregivers who live on Hawaii Island are welcome to attend these events. Daycare is also provided for FREE so that you may enjoy, get rest, connect with other caregivers and leave with more resources for you to take care of your loved one. We are delighted to be a part of the caregiver journey with you.



HAWAIIAN VOLCANIC WATER *Mahalo to our official water sponsor for*

Caregiver Respite Saturdays!



Mahalo to AARP for sponsoring our Respite Events!



Mahalo to HCOA for providing funds for our Respite Events!



This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawai'i County Office of Aging and the State Executive Office of Aging