

Free Training, Food, and Daycare!



**HIAC**  
HAWAII ISLAND  
ADULT CARE, INC.

**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 DAY:

**Every Third Saturday of the Month!**

## SAVE THE DATES!

**2025**

**03/15** Workshop Session with Arliss Dudley-Cash:  
"Understanding & Managing Anger and Frustration"  
AARP Film Screening & Discussion: "Taking Care"



**04/19** Workshop Session with Arliss Dudley-Cash:  
"Integrating Emotional & Physical Health"  
Ceramics with Suzanne Wang



**05/17** Workshop Session with Arliss Dudley-Cash:  
"Understanding & Managing Anger and Frustration"



See monthly Respite day flyers for information

PARTNERING WITH



## SAVE YOUR SPOT!

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



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

## 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.

