

A coupon for caregivers

Come Away and Rest a While*

This coupon is good for *at least* 15 minutes of :

- ♥ Doing nothing.
- ♥ Doing something fun.
- ♥ Watching TV or reading.
- ♥ Goofing around on the computer.
- ♥ Going for a walk.
- ♥ Napping.
- ♥ Any or all of the above,
or something else *you* would like to do.

Coupon can be used as many times and as often as needed.

**Courtesy of the Friends of St. John the Caregiver
www.FSJC.org**

*Mark 6:31