



# **New Weekly ARTC Caregiver Group Meetings**

**Mondays starting  
January 11, 2016**

**9:00 – 9:30 walk the track**

**9:30-10:00 Coffee or Yoga /  
meditation**

**10-11:30 Meeting**

**Contact: SHERRY MCKINNON**

(519) 753-1882

Adult Recreation Therapy Centre

58 Easton Road, Brantford