

A Day of Your Own for Caregivers



**Tuesday, October 6, 2020
9:30 AM – 4:00 PM**

Pre-registration is required:

**\$50 non-refundable,
non-transferable payment is
due with registration.**

**Call 248.644.4933 Ext. 0 or visit
www.manresa-sj.org/100620-care**

As a caregiver, you know how important it is to take time to care for yourself. This day is designed to refresh your body, mind and soul in a place of quiet and peace. In addition to your own personal room and a simple lunch, you will meet with your group facilitator for an hour at the beginning and end of the day. You can spend the rest of the time as you wish in the house or on the beautiful grounds of Manresa . . . reflect, pray, walk the property, read or simply BE.

You will meet with facilitator Amy Metz at 9:30 AM. Lunch is served at noontime in the dining room and the day closes at 4:00 PM after meeting again with Amy.



Amy Metz, Facilitator

Amy Metz is a certified meditation and mindfulness instructor and group discussion leader for children, seniors, teachers, caregivers and others seeking connection and support within a variety of challenging environments. She works in elementary schools, senior centers, churches and other settings to teach and inspire those seeking a deeper sense of awareness and calm through stillness, meditation and prayer. Amy's experience and connection with caregiver groups is enhanced through her own family's caregiving journey with her mother, Carole. Amy holds degrees from Michigan State University and the University of Michigan, is the mother of two beautiful children and is a member of the Saint Daniel Catholic Community in Clarkston, where she is a cantor and an incredibly proud member of the choir.

Manresa Jesuit Retreat House – 1390 Quarton Road – Bloomfield Hills, MI 48304

www.manresa-sj.org – 248.644.4933