



# THE LONGEST DAY™

alzheimer's  association®



\$10  
MINIMUM  
DONATION

JOIN OUR COMMUNITY  
*POET'S WALK FREDERICKSBURG*  
3020 Gordon W Shelton Blvd  
JUNE 21<sup>ST</sup>, 2018

*“CARING FOR THE CAREGIVER”*

**WE WILL BE SUPPORTING THOSE AFFECTED BY ALZHEIMERS BY  
PROVIDING A DAY OF PAMPERING FOR CAREGIVERS**

10 AM- 11 AM: DOTERRA HAND MASSAGES  
1 PM- 3 PM: WEGMANS QUICK MEAL DEMONSTRATION  
1 PM- 4 PM: MASSAGES BY HAND AND STONE MASSAGES  
3 PM- 4 PM: PERSONAL TRAINER MARCUS W/BODYWORKS  
3 PM- 5 PM: WINE AND CHEESE SOCIAL  
3 PM- 6 PM: MANICURES/PEDICURES BY PS SALON  
5 PM- 7 PM: SPAGHETTI DINNER (\$ 7 PER PERSON)

**PLEASE CONTACT NICOLE OR ANNA AT (540) 370-8000  
FOR MORE INFORMATION**