

ADULTS 18+



# Caregiver Kit

## Taking Care of YOU!



November is National Family Caregivers Month.

Pick up a “Taking Care of YOU! Kit “, a canvas library tote filled with items and tips for caregivers to practice a little self-care.

If you know a caregiver, please let them know how much you appreciate them and tell them about this free kit.

12 kits are available at Central Library throughout November while supplies last.

**MEO Central Library**  
**385-0150**



Customers may request a reasonable accommodation for programs. Requests must be made directly to the branch manager at the time of program registration, but no later than 48 hours before a scheduled event.

