



Finding peace in the midst of the storm:  
**“Making the Best of Everyday”**

For individuals and families  
facing life-limiting illnesses

---

**Complimentary Luncheon**  
**October 19th at 1:00PM**  
**Cascades Assisted Living Conference Room**  
**13 Parklawn Drive, Bethel**

---

Please join our multidisciplinary panel as we discuss:

- How Palliative Care can work along side the Medical Model by **helping find meaning and value in the midst of a life-limiting illness.**
- How to **take control of your life** and learn how to best manage your symptoms.
- How caregivers who **provide necessary assistance** for their loved ones can also **focus on their own self-care.**

**Open to the Public**

Kindly RSVP by October 12, 2017 to  
Julie Brown 203.830.4180 x365

*Director of Community Outreach at Bethel Health Care Center*

