



## HeartSong Retreats™ Caregivers' Day Camp

# Life & Living 101 !

Friday, July 27, 2007

10:00 am to 3:00 pm

Genesee - Near Golden, Colorado

*This event is designed especially for...*

- **Family Caregivers**  
Those who care for loved ones in the home or loved ones living far away, and for adoptive parents and parents of children with disabilities.
- **Professional Caregivers**  
Nurses, emergency response professionals, hospice workers, home health professionals, home care professionals, senior living professionals, veterinary teams, educators – those who care for others as their chosen life work.

*By being a part of this "HeartSong Caregivers' Day Camp," you will...*

- Meet and share with others who wear "Caregiver Shoes" in their lives.
- Connect with resources and ongoing support for your care-giving journey.
- Experience the choice to live in joy, happiness, and just enough off-balance to move ahead!
- Share and celebrate your joys and your journey.
- Find support and learn how others handle similar challenges.
- Have Fun! Remember to Play!
- Renew, rest, and refuel. This day is All About You.

*Fees:* \$75 for full-day program, including luncheon

**For information and to register, contact:**

HeartSong Retreats™  
720-323-8596

[kindheartedwoman@msn.com](mailto:kindheartedwoman@msn.com)



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### Design for the Caregivers' Day Camp...

- 9:30am      **Registration**  
Coffee and tea available.
- 10:00      **Welcome: Life & Living 101!**  
Linda Lehman-Murphy, HeartSong Retreats™ Guide  
Meet your fellow campers and share your stories.
- 11:00      **Happy Campers**  
Your HeartSong Guide™ will show you how to make positive choices of life experience simply by changing your language. Be a Happy Camper and create new habits that make a positive outlook and future!
- 12:00      **Nurturing Your Body: Lunch and Learning**  
Relax and enjoy a delicious, nutritious lunch. Use this time for reflection and connection.
- 1:00 - 1:30      **Time for You**  
Spend this time walking, journaling, enjoying the spectacular views. Chair massage is available between noon and 2:00pm. A sign-up sheet for your restful minutes of pampering will be at the registration table.
- 1:30      **Creating Connections: Resources to Ease the Way**  
Where in the World can I find help how and when I need it? The HeartSong Caregiver Network has the answers...
- 2:00      **Nurturing Your Spirit: Celebrating the Caregiver**  
Linda Lehman-Murphy, HeartSong Retreats™  
Create your days, Choose your experience, Celebrate your vision and purpose !
- 3:00      **Closing**

*The program includes frequent breaks to allow plenty of personal time for renewal, reflection, and connection. Dress is casual and comfortable. Weather permitting, hiking is available. Need respite care or carpooling? Contact us for possible resources. Retreat speakers and schedule are subject to change.*



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**Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

Name for Badge \_\_\_\_\_

Please enclose check and mail to:

HeartSong Retreats  
PO Box 224  
Idledale, CO 80453

Questions? Contact us:

720-323-8596

[kindheartedwoman@msn.com](mailto:kindheartedwoman@msn.com)

Directions to the retreat site will be included in your confirmation packet.



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### **What they're saying about HeartSong Retreats**

Linda Lehman-Murphy is wonderful at capturing the right amount of discussion, presentation, and heart that meets the needs of her attendees. Having had experienced first-hand the emotional and mental changes that happen while talking care of a loved one, I find HeartSong Retreats to be a tremendous asset to the community.

~ Kathryn McCune

Linda Lehman-Murphy has developed a great program addressing a situation many of us have yet to encounter... (myself included)... the need to alter our lives in order to care for a loved one. I encourage everyone to consider the upcoming HeartSong Retreat in July.

~ Mark Spiroff

I was at the [April 21, 2007] event and it was great. What a wonderful chance to chat with people of like-minds and similar caregiving concerns. Linda is a pleasure and I encourage everyone in the caregiving field or those caring for a loved-one to get in contact with her!  
Thanks Linda!

~ Lisa Wagner