Are you a full-time, unpaid caregiver for a child, spouse or parent with special needs?

You’re invited to a day just for you, who give so much to others!

There is no charge. This is our gift to you!

**Event Details**

11:15 am  Registration
11:45 am  Welcoming Ceremony
12:00 pm  Luncheon
1 – 4 pm  An afternoon at the spa*
4—4:30 pm  Closing Activity

- Chair Massages
- Yoga
- Meditation
- Reflexology
- Reiki
- Skin Pampering
- Networking opportunities & more

**When and Where**

**Sunday, June 4, 2017**
**11:15 am to 4:30 pm**

Temple Ohev Sholom
2345 North Front Street
Harrisburg, PA 17110

**Register by May 7, 2017**

Go to website for registration details: https://dopharrisburg.wordpress.com
For questions contact Shelley Adler (717) 576-7286 or dopharrisburg@gmail.com

Space is limited. Register today!
A Day of Pampering is designed as a service for women who are caring for one or more family members of any age who have special needs. Many women are providing care for children with physical, mental or emotional challenges, and many others are providing for the needs of elderly family members. Little time or resources are available to these women for self care.

The event is open to the entire community. The Day of Pampering is modeled after similar events in Lancaster, Mechanicsburg, and York. These events have been well received and attendance has grown from year to year.

The services are offered as a gift from the community and will include such things as chair massage therapy, Reiki, reflexology, meditation, and networking opportunities. All services are donated, and a volunteer staff is planning and coordinating the entire day. A lunch will be provided as well as a hospitality area with sweet delicacies.