



# GRAB-A-PLATE & EDUCATE

FREE TO THE PUBLIC

## CAREGIVERS WHO THRIVE

PRESENTED BY LORCA SMETANA

**Sponsored by Spring Creek Inn Memory Care**

**When: June 15<sup>th</sup>, 2017 from 5:30-7:00pm**

**WHERE:**

C'MON INN

6139 E. VALLEY CENTER ROAD

BOZEMAN, MT 59718

Lorca Smetana brings resilience, fulfillment and energy into the lives of people who care for and serve others. As a survivor of tragedy she is a warm voice for beautifully resilient lives, teaching both principles and practical, hands-on skills.

She serves as a speaker and consultant and teaches at Montana State University. Lorca will be speaking on "Caregivers Who Thrive". She will provide both tools and inspiration to caregivers of all kinds to create ways of supporting both a loved one and one's own deep well-being, and that in fact there is no other sustainable way.

A light dinner will be served. Please RSVP by June 10<sup>th</sup> to Cindy Morris at (406) 586-0074 or [springcreekdcr@koelschsenior.com](mailto:springcreekdcr@koelschsenior.com)

Contact us for more information about our Memory Care Community  
1641 Hunter's Way/Bozeman, MT 59718/[www.springcreekinnmontana.com](http://www.springcreekinnmontana.com)