

CAREGIVER STRESS MANAGEMENT CRUISES

STRESS WORKSHOPS ♦ RELAXATION TECHNIQUES ♦ SPA COUPONS



Celebrity Century

5 Night Western Caribbean Cruise

February 15-20, 2010

Miami to Miami



Rhapsody of the Seas

7 Night Alaskan Cruise

September 10-17, 2010

Seattle to Vancouver

Cruises are purchased directly from the cruise line. PRICES ARE THE SAME. Any discounts offered by the cruise line to groups are applicable. We add \$25 per person on final invoice for onboard group activities and support group meetings. Onboard credit and other special amenities are given to our Caregiver Cruisers.

Call us and learn how to earn a FREE CRUISE!

This is a special group cruise offered twice a year

Each Caregiver Stress Management Cruise® includes onboard group activities coordinated by a Geriatric Social Worker with over 20 years experience. Caregivers do not always know what to expect on these cruises. So, we have included a video on our website which may better help you understand what we offer. With the shorter cruises, we focus on facilitated caregiver support group meetings and simple meditation exercises as a part of your respite. On the longer cruises, we invite guest speakers and have very short workshops/presentations. The primary purpose of both cruises is to promote interaction with other caregivers onboard, sharing stories and helpful strategies for optimizing your caregiving at home.

Townsend, Toal & Taft, Openseas Travel, LLC is a member of the **Ticket to Travel** Group with travel agents on both the Atlantic and Pacific Seaboards. Please remember that you must book with us to participate in group activities, meet-n-greets, support group meetings, and to receive free onboard credit. These activities are exclusive to customers of CaregiverCruises.com®

MARK YOUR CALENDARS We offer Caregiver Cruises every year. The East Coast Cruise is in February and the West Coast Cruise in September.

SPACE IS LIMITED. DON'T WAIT TO BOOK. DEPOSITS ARE HELD BY THE CRUISE LINES AND ARE REFUNDABLE...

Call us today!



Ask for Patrick, Jon or Elena

(919) 402-8900



CST# 1010000-40