



Angel Care

Supporting and sustaining caregivers.

A PROGRAM OF



Angel On My Shoulder™

*Angel On My Shoulder* is pleased to present  
**Angel Care Retreat for Cancer Caregivers**  
**Thursday-Saturday**  
**Wintergreen Conference Center, Wisconsin Dells**  
**Lodging at Wintergreen Hotel, Wisconsin Dells.**

Facilitator, Anita Domnitz, RN, MS, ND

*Angel On My Shoulder*, a 501(c)(3) non-profit cancer foundation, proudly presents its dynamic support program, Angel Care, a very special "take-care-of-yourself" retreat for cancer caregivers. It creates well-being for those who do, or have, provided unwavering care for persons living with cancer so caregivers can thrive in their lives and work.

Angel Care Workshops bring these wonderful caregivers together and provide them with an emotional and spiritual opportunity to heal. Burnout and stress are sometimes confused with exhaustion, overload and grief. A vacation will only refresh a burned-out caregiver for a brief time, after which the feelings may set in again. Angel Care provides more than a quick fix.

**You've been an Angel to others– Now let us be an Angel on Your Shoulder.**

One guest is welcome to share lodging, however, the Angel Care workshop is designed for caregiver participation only.

The actual session is 9-5 Friday and 9-12:30 on Saturday. Because of the early start on Friday morning, rooms at the Wintergreen Hotel are available on Thursday evening.

**Check-in Thursday** at Wintergreen Hotel (Dinner on your own.)

**Friday** - Registration at 8:30, Nutritious Breakfast for Caregivers

Conference 9-5, Lunch & Dinner included

(Your guest is invited to join us for dinner.)

**Saturday** - Nutritious Breakfast for Caregivers 8:30.

9:00 Self-care. Wholistic View. Group Activities. 12:30 pm Closing

Complimentary lodging is provided Thursday and Friday. Lunch and Dinner are provided on Friday. Nutritious Breakfast for Caregivers is provided on Friday and Saturday. Beverages will be provided during the conference.

Enrollment is limited and on a first-come, first-serve basis  
upon completion and approval of enrollment form.

Enrollment forms are available on our website: [www.angelonmyshoulder.org](http://www.angelonmyshoulder.org).