

# The **Breathing Space**

Recharge and Take a Break



Are you a volunteer who enjoys engaging with older adults? Do you have a few free hours every other week?

**If so, this group respite program is right for you!**

A DARTS staff member will lead *The Breathing Space* activities. As a volunteer, you will be paired with a participant to enjoy activities that stimulate the brain and promote community.

## **EAGAN**

**Where:** Easter Lutheran Church  
4200 Pilot Knob Road  
Eagan, MN 55122

**Begins:** Friday, September 9, 2022

**Occurs:** 2nd & 4th Fridays

**Time:** 9:00AM - 1:00PM

## **WEST ST. PAUL**

**Where:** Augustana Lutheran Church  
1400 S Robert Street  
West St. Paul, MN 55118

**Begins:** Thursday, October 6, 2022

**Occurs:** 1st & 3rd Thursdays

**Time:** 9:00AM - 1:00PM

**What:** Group respite offers caregivers a needed break by providing supervision, socializing, and activities for the care receiver.

To learn more, go to [dartsconnects.org/volunteer](https://dartsconnects.org/volunteer)  
or email [volunteer@darts1.org](mailto:volunteer@darts1.org)!

*Interested in participating in The Breathing Space?*

Visit [dartsconnects.org/caregiver-services](https://dartsconnects.org/caregiver-services)  
or call 651-455-1560.

*The Breathing Space is supported by Allina Health.*

**DARTS**

CREATING CONNECTIONS  
THAT ENRICH AGING.