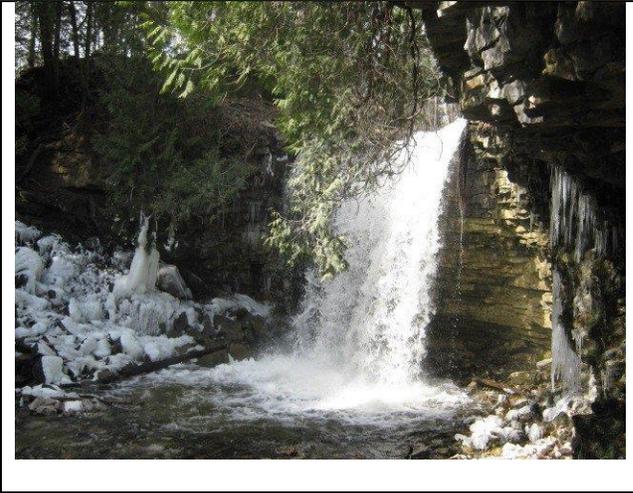


## **November 4<sup>th</sup> Ramble in the Hilton Falls Conservation Area for Dementia Care Givers and All Interested Walkers**



On **November 4<sup>th</sup>** Wayne Crockett will lead a relaxed, rambling walk through the Hilton Falls Conservation Area.

**To register for this walk, members should go to the website and register online.**

**Non-members should email the hike leader at [waynehikes@gmail.com](mailto:waynehikes@gmail.com) and provide their name(s), phone number, email and the name and number of an emergency contact.**

### **Cost:**

Members: \$17 bus fare, \$6.25 admission fee to Hilton Falls Conservation Area.

Non-members: \$23 bus fare, \$6.25 admission fee to Hilton Falls Conservation Area.

This is one of what may become a regular series of walks to provide dementia care givers a number of benefits:

1. Hiking along the natural beauty of Bruce Trail will recharge your spirit and energy
2. Come and meet your fellow Bruce Trail caregivers and share your experience
3. Join us and develop the power of mutual support

What does the Toronto Bruce Trail Club offer to Dementia Caregivers?

1. Bruce Trail has a one of the most beautiful natural trails in the World. Hiking on our Bruce Trail will allow the Dementia Caregivers to recharge their spirit and energy. Dementia Caregivers definitely need to find a way to release the tension of the job and hiking on a beautiful nature trail is the best way to release tension on the job.
2. We have well trained Hike Leaders to provide a high standard hike with safety and efficiency.

3. We have Bruce Trail members with an in-depth experience of doing the job as Dementia Caregivers to share with old and new comers. The opportunity to share experience among Dementia Caregivers is the good way to release tension on the job.
4. We have members with a sound knowledge of the latest development of the science of Dementia so that we can lead discussions sessions for present and new Dementia Caregivers. This can be an invaluable news channel for Dementia Caregivers to learn something.
5. With enough Dementia Caregivers in our Club we can organize a way to support each other, so that individuals do not feel being alone and helpless when completing the tasks of providing care for Dementia patients.

With enough interest we can form a **'Dementia Caregivers Interest Group at Toronto Bruce Trail Club'**.