

# Glow With Us

*Show your support for family caregivers!*



**When:** Friday, October 1st

**Time:** 8:00 pm local time

**What:** Put colourful lights in your window. At 8:00 pm turn them on for the evening. It really is that simple!

**Why:** To spotlight family and friend caregivers who often feel isolated and invisible.

Light up your home or workplace to show appreciation for the valuable contributions caregivers make to their families and to society.

Please tell everyone you know and help us make this annual international event a success!

For more information go to [www.caregiversNS.org](http://www.caregiversNS.org)