



CALLING ALL WELLNESS INSTRUCTORS!

November is recognized as National Caregiver Month, and we are dedicated to honoring the unsung heroes who selflessly give so much of themselves.

Are you a passionate individual eager to share your knowledge and skills by leading a virtual class? Whether your expertise lies in self-care, stress management, Zumba, stretching, or yoga, your contribution can truly make a difference!

Join us in making this November 2025 unforgettable by signing up today. Let's show our appreciation and make a positive change! [\[Sign-Up Link\]](#) or scan the QR Code:



"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." - Rosalynn Carter



Greater Idaho Chapter
800.272.3900 | alz.org