

You pour your
HEART
into so much.



Isn't it time you
REFILL YOUR CUP?

MEMORY CARE DAY RETREAT AT RIVER HIGHLANDS.

Taking time for yourself isn't easy when you are caring for a senior loved one. But, it's essential – not only for your own health and happiness, but also the well-being of those you serve. At River Highlands, we offer the perfect blend of personalized support and professional resources to meet ALL your individual and loved one's needs.

River Highlands is Hoover's finest assisted living, memory care and short-term respite care community, offering innovative options that promote lifelong wellness and enrichment with peace of mind for the future.

REST. RELAX. RECHARGE. REPEAT.

Need some time to get away or reconnect with friends? Run errands or simply rest from the day-to-day shuffling between work and family responsibilities? River Highlands can give you a break from your daily routine that will leave you feeling refreshed, revitalized and ready to embrace life with greater appreciation. And, at the same time, provide your senior loved ones the one-on-one attention they deserve and tailored activities to help them make the most of each and every day.

A few hours, full day, weekend or more, River Highlands is ready to provide the relief you need for however long you need it! Call us at **(205) 982-7000** to learn more about our Memory Care Day Retreat Program!



RIVER HIGHLANDS
OF BIRMINGHAM

1851 DATA DRIVE | HOOVER, AL 35244

205-982-7000 | RIVERHIGHLANDS.COM

ASSISTED LIVING | MEMORY CARE | SHORT TERM STAYS



The best way to
CARE
for those you love,
is to take some
TIME TO BREATHE.



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