

For Immediate Release: May 11, 2009



## Caregiving Takes Centre Stage

"Heavy ... light ... powerful" – Phil Dupperon, VUE Weekly

"Among the bravest stage projects I've seen...  
Life at its most naked ... the actors escape gravity."

- Michael Evans, *SEE Magazine*

Alberta Caregivers Association

presents

# HEAL THYSELF

Jonathon cares for his mother with Alzheimer's and (he believes) a bad attitude.  
Full of hope, he tries to inspire her to get off the couch and join him in ecological action.

When a caregiver does everything right, but still everything is wrong,  
what can he do with repressed rage?

Carlynn cares for her son with inexplicable crippling pain.  
When completely-debilitating pain hasn't been cured after 12 years,  
what can a family do?

Artist Caregivers Create Theatre  
with their Families about their Families  
- and Change All the 'Characters' in the Process.

Heal Thyself sincerely tests the idea that caregiving can be rewarding, and healing.

**SATURDAY, JUNE 13, 2:30**

- followed by a reception -

**ROYAL ALBERTA MUSEUM**

12845-102nd Avenue. Ample Free Parking

[TIXontheSquare.com](http://TIXontheSquare.com) (780) 420-1757

Explosive drama, surprising humour, captivating music and breathtaking dance  
- a strange and stunning tapestry of hope.

"I did not expect this ... It is really about all of us.  
Heartbreaking ... uplifting"



Rick McConnell, *Edmonton Journal*

Media-quality Photos, Music & Video @ [www.imagiscape.ca/media](http://www.imagiscape.ca/media)

MEDIA Complimentary Tickets: (780) 453-5088 [bonnie@albertacaregiversassociation.org](mailto:bonnie@albertacaregiversassociation.org)