



UCSF NEURO-ONCOLOGY

# CAREGIVER RETREAT

“FOSTERING RESILIENCE  
THROUGH KNOWLEDGE & SELF-  
COMPASSION”

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SATURDAY, MAY 18

9:00 A.M. – 4:00 P.M.

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UCSF Faculty Alumni House  
745 Parnassus Ave  
San Francisco, CA 94122

Join us for a restorative day where caregivers of brain tumor patients can connect and learn practical information to manage the challenges that can arise from supporting their loved ones in a warm and nurturing environment.

A light breakfast and lunch will be provided to all participants. Free, validated parking will be provided. Complimentary chair massage available on a first-come, first-serve basis.

*This activity is provided at no charge and supported by donations to the UCSF Neuro-Oncology Gordon Murray Caregiver Program.*

**UCSF Health**  
Brain Tumor Center

**Effects of a Brain Tumor on the  
Caregiver**

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**Exercise for Caregivers**

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**Self-Compassion**

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**Massage Therapy**

**REGISTRATION REQUIRED**

Please RSVP to Elle Woodall at

[GordonMurrayCaregiverProgram@ucsf.edu](mailto:GordonMurrayCaregiverProgram@ucsf.edu)

(415) 514-5674]