

# Did You Promise Her You'd Never Put Her in a Home?

Don't punish yourself with guilt any longer



Caring for someone you love 24/7 is exhausting... you were not meant to do it alone. If you're feeling overwhelmed and unsure of what to do next, we can help.

Listen to what one daughter said:  
*"Any concerns I have are addressed immediately.  
I am always informed of any changes/problems with my Mom."*  
- Marilyn S.

**Peace of Mind AFH at Kirkland, WA**  
Call me today (Sheila Navaluna, RN)  
to schedule your no-obligation visit

**425-442-0930**  
[www.peaceofmindafh.com](http://www.peaceofmindafh.com)