

ARE YOU A CAREGIVER FOR SOMEONE YOU LOVE?

If so, plan to attend a **free workshop** packed with tips on living better—designed for you and your loved one.



You are not alone!

Caregiving can be a lonely, exhausting and frustrating role, but it can also be filled with delight and satisfaction. This workshop will help you find that balance and learn ways to care for yourself and your loved one, as well as network with fellow caregivers, share your stories and develop friendships.

Keynote Speaker: Carol D. O'Dell, author of "Mothering Mother," will tell her humorous, touching and compelling story about caring for her aging mother—in a lighthearted, interactive session.

You'll also enjoy a complimentary breakfast and lunch, and the chance to win door prizes. Vendors will be on hand with more information on community resources.

You will be able to choose from a variety of workshop sessions, including:

- Caring for the Caregiver
- Balancing Work with Caregiving
- Understanding Advance Directives
- Managing the Challenging Behaviors of the Alzheimer's Patient
- Choosing a Long Term Care Facility
- Medication Management
- Nutrition for Seniors
- Preservation of Assets in the Medicaid Process

WHEN:

Saturday, January 30, 2010

TIME:

Registration at 8:30 a.m.
Program 9 a.m.–2:15 p.m.

WHERE:

Ramada Inn–Mandarin
3130 Hartley Road
Jacksonville, FL 32257
at I-295 and
San Jose Boulevard

ADULT DAY CARE

AVAILABLE: Free adult day care for your loved one is available from Urban Jacksonville/Cathedral Foundation.

TO REGISTER for the workshop and to request adult day care, please call by **January 25:**
Nikki Tubig
904.807.1225

Presented by:

