



CARING BETTER, TOGETHER

ARE YOU A CAREGIVER? YOU'RE NOT ALONE!

"Caring for the Caregiver" is a conference that can help you take better care of yourself and those you love. Here you can connect to a network of fellow caregivers and some of the best resources and thought leaders in aging services in our community.

You'll also learn from caregiving experts in valuable education sessions on:

- Stages of Caregiving (and What You Need to Succeed in Each One)
- Brain-Healthy Aging
- When is it Time to Give up the Keys?
- When Does Your Loved One Need a Geriatrician?
- Lessons Learned on the Caregiving Journey: A Panel Discussion
- Legal Asset Preservation and Elder Law

Join us for a complimentary breakfast, lunch and the chance to win prizes.

Caring for the Caregiver

Saturday, February 24, 2018

**Ramada Inn Mandarin
3130 Hartley Road, Jacksonville, FL 32257**

**Registration at 8:30 a.m.
Program from 9 a.m. to 3 p.m.**

Registration is free through Friday, Feb. 2, \$5 per person thereafter. To register, call **904.407.6790** or visit **mandarincaregivers.eventbrite.com**.

To request complimentary respite care for your loved one, call Aging True Community Senior Services at 904.807.1319 by Friday, Feb. 16.

Hosted by:



A program of
Community Hospice & Palliative Care

Presented by:



Caregiver Coalition Partners: Community Hospice & Palliative Care; AARP®; Aging True Community Senior Services; Alzheimer's Association, Central and North Florida Chapter; Area Councils on Aging; Baptist AgeWell Center for Senior Health; Brooks Rehabilitation; City of Jacksonville, Senior Services Division; ElderSource; Jewish Family & Community Services; Mayo Clinic Florida; YMCA of Florida's First Coast

Visit **MyCaregiverConnection.org** to find important caregiver resources and information anytime.