



Riverside County Office on Aging
together with our
community partners present:

Family Caregiving Today

Harvesting a Healthy Lifestyle

SAVE THE DATE !

**Thursday
November 30, 2017**

Family Caregivers are invited to join us for a day to re-energize and gather information & resources.

November is National Family Caregiver Month and we are focusing on preventative care !

Time: 9:30am-2:00pm
Light lunch will be served

LOCATION:

**Rancho Springs Medical Center
25520 Medical Center Dr.
Murrieta, CA 92562
(Administrative Services Building,
behind the Emergency Room building)**

Agenda to Include:

Keynote Address:

***Optimal Brain Health and
Alzheimer's Prevention***

Drs. Ayesha and Dean Sherzai

Workshop

***When the Path Gets Steep:
Strategies for Emotional
Wellbeing***

Nancy Eisenhower, LMFT



RSVP by November 21, 2017 @ 951-867-3800 or 800-510-2020

LIMITED SPACE AVAILABLE

If you require assistance with reasonable accommodations (ADA) please contact Shree Martin at the above number, at least one week prior to the workshop.

Respite assistance may be available. Inquire at time of registration.

This event is funded in part by the Mental Health Services Act & National Family Caregiver Program

Other Upcoming Caregiver Events

November 2017

In Celebration of National Caregiver Month

Riverside Community Diabetes

Collaborative is hosting [Together We Can](#)

For people with Diabetes & their Caregiver

Monday, November 6th (*In English*) &

Tuesday, November 7th (*In Spanish*)

4:30-6:00 pm Health Screening & Health Expo

6:00-8:00 pm Seminar

At the Riverside Convention Center

To register call (951) 788-3471

***Light Dinner included*

City of Riverside's Commission on Aging
is Hosting

[A Memorial Boat Float](#)

Come honor those affected by Dementia

Sunday, November 12, 2017

From 3:30 pm—5:30 pm

At Riverside's Fairmont Park Boat House

***Lighted boats released at sunset*

Bring the family—No RSVP needed

Parkview Community Hospital is Hosting

[Understanding Memory Loss](#)

Monday, November 13, 2017

From 5:30 pm—7:30 pm

At the Parkview Community Hospital's

Founders Center—Riverside

To RSVP call (951) 688-2211 ext. 3614 or

send an email to rsvp@pchmc.org

***Light Dinner included*

Purple City Alliance Taskforce is Hosting

[Night of Hope and Joy](#)

Join us for a night of music, fun and food for
Caregivers, as well as the care receivers !

Tuesday, November 14, 2017

Occurs Every 2nd Tuesday from 6-8 pm

At the Janet Goeske Senior Center

5257 Sierra Street, Riverside, CA 92504

No RSVP needed

Inland Caregiver Resource Center
is Hosting

[Celebrating Caregiving](#)

Wednesday, November 15, 2017

From 9 am—3 pm

At Ballard Hospital- San Bernardino

Please RSVP by November 6th

at (800) 675-6694

***Respite may be available. Please call for info*

Inland Caregiver Resource Center
is Hosting

[Celebrando ser Cuidador](#)

Friday, November 17, 2017

From 9 am—3 pm

At Parkview Community Hospital's

Founders Center—Riverside

Please RSVP by November 10th

at (800) 675-6694

***Respite may be available. Please call for info*

Please remember to register for each event with the host agency