



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

Family Caregiving Today

Staying One Step Ahead!

Save the Date!

THURSDAY
November 1, 2018

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 celebrating YOU!

Time : 9:00 am - 3:00 pm
Lunch will be provided

LOCATION:

Moreno Valley Conference Ctr.
14075 Frederick Street
Moreno Valley, CA 92533
(cross street Alessandro)

The focus of this conference is to ensure caregivers are equipped with tools to prepare for the next phase of their journey. You will learn to employ self-care skills. Presenters will discuss specific and deliberate methods to take care mentally and emotionally, and prepare for care with the necessary legal documents.

Our community partners:



Alzheimer's
LOS ANGELES



RSVP by October 22, 2018 @ 951-867-3874 or 800-510-2020

LIMITED SPACE AVAILABLE

If you require assistance with reasonable accommodations (ADA) please contact Mary Hrinko at the above number, at least two weeks prior to the conference.

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