



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

Family Caregiving Today Staying One Step Ahead!

Save the Date!

THURSDAY EVENING
November 1, 2018

Family Caregivers of older adults are invited to join us for an evening of information & resources. If you are working and providing assistance to parents, spouses or another senior relative, you may benefit from attending this **FREE** informational workshop.

Time : 6:00 pm - 8:00 pm

Light fare will be provided
from 5:15—6:00 pm

LOCATION:

Riverside City Hall Grier Pavilion
3900 Main Street, (7th floor)
Riverside, CA 92501
(cross streets 10th & Main)

The focus of this evening workshop is to ensure employees who are balancing work and eldercare are equipped with tools to prepare for the next phase of their journey. Special presenters will discuss necessary legal documents, the financial implications of long term care and methods of maintaining well-being and developing healthy coping skills.

Our community partners:



Alzheimer's
LOS ANGELES



RSVP by October 22, 2018 @ rcaging@rivco.org or 951-867-3874

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.

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