

NORTHWEST FLORIDA AREA AGENCY ON AGING, INC.
AGING & DISABILITY RESOURCE CENTER

In Partnership

AARP

3rd Annual

Empowering Caregivers Seminar

Caregivers caring for Themselves:
The Importance and Positive Effects of Self-Care

OCTOBER 19, 2017
9:00 A.M. ~ 2:00 P.M.

Bayview Senior Center
2000 Lloyd Street
Pensacola Florida 32503

Special Guest



Maryann Makekau

Founder, Hope Matters
Author of "When Your Grandma Forgets"

LUNCH PROVIDED
LIMITED SEATING

TOPICS

Understanding Dementia

Dr. Rodney Guttman, PhD

A Caregivers Perspective

Maryann Makekau

Fitting Your Home To Your Needs

Laura Posey & Jamie Jacobi

Educating Alzheimer's Caregivers

Cynthia Gilley

Wake Up!!!

Amanda Young



RSVP

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DEADLINE
OCTOBER 16, 2017

There is no cost for the seminar

