

Caregiver Luncheon 2011

Presque Isle County Council on Aging - Posen

Tuesday, June 28, 2011

11:45am - 12:15pm Registration

12:15 - 12:45pm Lunch

Turkey sandwiches, soup, mandarine oranges, with
cup cakes and ice cream for dessert

12:45 - 2:00pm

Kara LaMarre, Developmental Projects Coordinator, NEMCSA, Inc.

(Masters in Counseling and a BA in Family Life Education),

Caregivers have a multitude of responsibilities; loved ones, homes, finances. But most importantly, caregivers must take care of themselves. Join us for a discussion on ways to avoid the downward spiral caused by worry and stress, aging issues for caregivers themselves, the role of flexibility and balance in your life, and other ways to stay "sane" with the demands of day-to-day care giving.

2:00pm Final Words/Appreciation

To register - complete the form below and mail it to:

Presque Isle County Council on Aging at 6520 Darga Highway, Posen, MI 49776

OR call (989) 766-8191.

There is no charge to attend the Caregiver Luncheon - Lunch is provided to those who attend.

The deadline to register is June 21, 2011.

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Township: _____ Date of Birth: _____

I need transportation to this event: Yes No