

Caregivers...

It's Your Night to
Share, Learn, and Relax



Caring for an aging loved one is a wonderful and simultaneously challenging experience.

So, for just one night, we want you to share your stories, learn something new, and take a minute to catch your breath.

Come enjoy food, chair massages, an engaging activity to help relieve stress, and learn more about community resources to help you and your loved one!

Speakers Include:

Shana D. Stites, PsyD, MA, MS

Dr. Stites is an instructor in the Division of Geriatric Medicine at Penn. Her research focuses on advances in diagnosis and treatment of Alzheimer's disease dementia. Her work aims to discover their impact on individuals with the disease and their family members. The goal is to understand ways to promote quality of life and psychological wellbeing in individuals living with the disease.

Patty Grace - JEVS Care at Home: "The Dementias"

Jean Kirkley - Boomers R' Heroes: "Caregiver Stress"

Come out and bring a friend!

Date:

Thursday, April 23

Time:

5:30 – 7:30 p.m.

Location:

Germantown Conference Center
6950 Germantown Ave.
(btwn Carpenter & Sedgewick)

RSVP

Call **1-888-530-4913** or email
acorter1@newcourtland.org

