

November is National Family Caregiver Month

Please join us for our 5th Annual

Family Caregiver Workshop

Friday, November 5, 2010

9:00 a.m.- 1:00 p.m.

~come by for 30 minutes, an hour, or for the duration~

Roy Wilde Conference Center

(Fox C-6 School District Service Center)

849 Jeffco Blvd.

Arnold, MO 63010

636-399-4478

Whether a person cares for a parent managing a chronic illness,
an adult with dementia, a spouse recovering from surgery,
or a child with developmental disabilities,
this workshop offers answers.

SMALL, INFORMAL, ROUND TABLE DISCUSSION TOPICS INCLUDE

"Adults with Aging Parent Drivers"

"Natural Pain Management and Relaxation Techniques"

"The Four P's of Positive Living"

"Living Safely and Independently at Home"

**"Healthy Self-Talk and Paying Attention to Normal feelings of
Anger, Depression and Anxiety"**

"Legal Issues Challenging Caregivers"

Led by representatives from Mid-East Area Agency on Aging~Lutheran Senior
Services~Keeping Us Safe~Alzheimer's Association~A Place To Heal~
Medical West Healthcare~Mother Earth Natural Solutions and more.

**There is no charge to attend,
but you will leave with valuable information!**

Family Caregiver Workshop is a community education opportunity for local residents who care for loved ones in a private residence. No products are sold at the workshop. There will be products demonstrated at the event which are available for purchase in the community and on-line.

Presented by **Family Caregivers are in Good Company** 636-399-4478

Check our Family Caregiver Workshop Webpage for updates:

<http://www.ingoodcompanymo.net/workshop2010.html>

