



CAREGIVER WORKSHOP FOR THOSE CARING FOR SENIORS



SATURDAY, SEPTEMBER 21, 2019 8:30 A.M. - 2:00 P.M.

**STEPHEN R. CHAPMAN FAMILY COMMUNITY CAMPUS
1355 US HIGHWAY 1 SOUTH
ST. AUGUSTINE, FL 32084**

Are you the caregiver for a parent, loved one or other adult? Join us for a **FREE** workshop to discuss common struggles and discover resources that are available to help you as a caregiver. Helpful resources and organizations will be on site to answer your questions and offer information about services to assist caregivers.

Schedule of Events

8:30 a.m. Check-in & Complimentary Continental Breakfast

10:15 a.m. "Prepare to Care - Developing an Effective Caregiving Plan"

8:30 a.m. Exhibitors/Support Resources

*Debra J. Kainauskas, R.N., BSN, CHPN
Community Hospice & Palliative Care
Nurse Educator*

9:15 a.m. "The Spiritual & Physical Aspects of Caregiving"

*Jim Monahan, M. Ed., ACHE
Community Hospice & Palliative Care Vice President of Education*

11:15 a.m. Complimentary Lunch and Panel Discussion

1:00 p.m. Wrap-up

Evaluation/Door Prizes
Exhibitors/Support Resources

REGISTER ONLINE chapmancaregiverconference.eventbrite.com

FOR MORE INFORMATION call **904.407.6464**