



CAREGIVER WORKSHOP FOR THOSE CARING FOR SENIORS



SATURDAY, SEPTEMBER 7, 2019 8:30 A.M. - 2:00 P.M.

**THE PLAYERS
COMMUNITY SENIOR CENTER
175 LANDRUM LANE
PONTE VEDRA BEACH, FL 32082**

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

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| 8:30 a.m. Check-in & Complimentary Continental Breakfast | 10:15 a.m. "Prepare to Care - Developing an Effective Caregiving Plan"
<i>Doug Schilling, LCSW, ACHP - SW</i>
<i>Community Hospice & Palliative Care Licensed Clinical Social Worker</i> |
| 8:30 a.m. Exhibitors/Support Resources | |
| 9:15 a.m. "The Spiritual & Physical Aspects of Caregiving"
<i>Jim Monahan, M. Ed., ACHE</i>
<i>Community Hospice & Palliative Care Vice President of Education</i> | 11:15 a.m. Complimentary Lunch and Panel Discussion |
| | 1:00 p.m. Wrap-up
Evaluation/Door Prizes
Exhibitors/Support Resources |

REGISTER ONLINE stjohnscaregiverconference.eventbrite.com

FOR MORE INFORMATION call **904.407.6464**