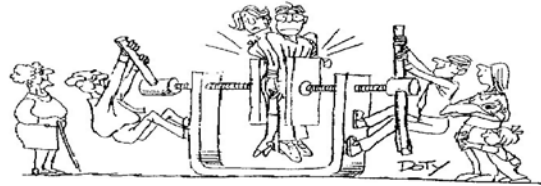




present
Free Conference for Family Caregivers

Finding Balance in the Art of Caregiving

Date: Thursday, August 20, 2009
Time: 8:30 a.m. to 2:30 p.m.
Place: La Mesa Community Center
4975 Memorial Drive, La Mesa



Sessions:

- The Emotional Aspect of Caregiving
- Wise Use of Medications
- Transfer Techniques and the Use of Assistive Devices
- The Spiritual Side of Caregiving
- Legal Issues for Caregivers
- Communication and Behavior Changes with Dementia
- Disaster Planning/Safety

Lunch provided by AARP
Continental Breakfast provided by
Liv Home & Heritage Senior Care
Day Care provided by At Your Home FAMILYCARE

Other Sponsoring Agencies Include:

AARP
Aging & Independence Services
Alzheimer's Association
City of La Mesa Commission on Aging
Elder Law & Advocacy

Maxim Healthcare Services
North Coast Home Health Products
Sharp Grossmont Hospital Senior Resource Center
Sharp HospiceCare
Southern Caregiver Resource Center

Reservations required. Call 1-800-827-1008