



Region 9 Area Agency on Aging Presents

a two part
**Caregiver Empowerment &
Wellness Virtual Conference**

**Providing Caregivers with Practical Resources, Information,
and Messages of Empowerment**

**Are you a caregiver? Your wellness matters!
Join us to gain insightful information and feel empowered as
you continue on your journey of caregiving.**

Part 1:

10:00 a.m. - 12:00 p.m.

Friday, July 31, 2020

**Caregiving Survival
and
Adaptive Services**

Part 2:

1:00 p.m. - 2:30 p.m.

Friday, August 14, 2020

**Caring for Someone
with Dementia
and
Stress Less with
Mindfulness**

**For more information or to
register contact Brooke at:**

**989.358.4616 or
mainvilleb@nemcsa.org**

2375 Gordon Road Alpena, MI 49707