



# FREE Half-Day Workshop!

## Caregiving Survival PLUS Caring for a Loved One With Dementia

Dementia caregiving expert Jill Gafner Livingston will offer tips and tools on managing the stress of caregiving. Her inspirational seminar is designed with the family caregiver in mind and will encourage positive thoughts and behaviors.

Free handbook for the first 20 registered! Copies will be available for sale.



Jill Gafner Livingston, BSBM, Certified Dementia Practitioner (CDP), Certified Alzheimer's Disease and Dementia Care Trainer (CADDT). Author, "Personal Positioning for Caregivers." Supporting caregivers since 2006 through radio, television and national seminars.

**Wednesday, April 29**  
**4:00 p.m. to 6:30 p.m.**

**Livingston County Catholic Charities**  
**Be Our Guest Adult Day Service**  
**2020 E. Grand River Ave., #103**  
**Howell, MI 48843**

**To register, email**  
**[wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**  
**or call 833-262-2200.**



Global Training Experts is funded in whole or in part by the federal Older Americans Act and the AASA through the Area Agency on Aging 1-B for this workshop. Global Training Experts complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer. Reasonable accommodations will be provided upon request.