

Join the Area Agency on Aging 1-B for our Caregiver Webinar Series:



Caring for an older family member can be rewarding, but it can sometimes be exhausting and stressful. It's hard to go it alone. That's why it's important to have someone like our team at the Area Agency on Aging 1-B to turn to for help.

Spend 90 minutes with us exploring the programs and services we've created specifically for those caring for a loved one—just like you.

- Learn about two of our unique programs and classes:
 - **Caregiver Coaching Program**
 - **Powerful Tools for Caregivers**
- Hear from our coaches, class facilitators and participating caregivers on how these programs can help caregivers:
 - Connect with resources
 - Feel emotionally supported
 - Care for themselves while caring for their loved one

Caring for Caregivers: AAA 1-B Programs for Family Caregivers

May 17, 2022
10:00 am – 11:30 am

**REGISTER IN ADVANCE TO
PARTICIPATE ON ZOOM AT:
<https://bit.ly/caringforcaregiverswebinar>**

For more information, contact Heather DeVos at
248-763-1604 or hdevos@aaa1b.org

